



Think Yourself Happy: The Simple 6-step Programme to Change Your Life from within

By Rick Norris

Oneworld Publications. Paperback. Book Condition: new. BRAND NEW, Think Yourself Happy: The Simple 6-step Programme to Change Your Life from within, Rick Norris, Stress, anxiety, and depression are more common than ever before. When the 21st-century dream is to have it all - high-powered jobs, happy families, exotic holidays, a beautiful body, and the ideal home - many minds simply cannot cope if we fail to match up. Explaining why this cycle is so hard to break and exactly what you can do about it, Dr Rick Norris presents advice that you know you should take: accept yourself for who you are, prioritise what really matters, reject notions of perfection, plan for a happier future; and the 6 easy steps that make it all possible.



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Reviews

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