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THE SCIENCE OF HAPPINESS: HOW OUR BRAINS MAKE US HAPPY - AND WHAT WE CAN DO TO GET HAPPIER



Marlowe & Co. Paperback. Book Condition: new. BRAND NEW, The Science of Happiness: How Our Brains Make Us Happy - and What We Can Do to Get Happier, Stefan Klein, Stephen Lehmann, Clinical psychologists have been dealing with miserable feelings since their discipline was established. In the last 30 years, neuroscientists have made major headway in the understanding of the sources of anger, depression, and fear. Today, whole industries profit from this knowledge-producing pills for every sort of pathological mood...

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- Authored by Stefan Klein, Stephen Lehmann
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