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HAPPY AT LAST: THE THINKING PERSON S GUIDE TO FINDING JOY (HARDBACK)



St. Martin s Press, United States, 2008. Hardback. Book Condition: New. First.. 238 x 152 mm. Language: English . Brand New Book. From the bestselling author of Undoing Depression - a groundbreaking program to get happy and stay happy!Do you want to live the happiest, most satisfying life possible? Does happiness feel like an elusive goal? According to the most recent developments in psychology and science, the brain can be trained to be more receptive to happiness, because staying happy...

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- Authored by Richard O Connor
- Released at 2008



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