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Goodman Beck Publishing. Paperback. Book Condition: New. Perfect Paperback. 214 pages. Dimensions: 8.8in. x 5.9in. x 0.9in. The Happiness Solution: Finding Joy And Meaning In An Upside Down World is a fascinating collection of parable-like stories, myths, and anecdotes. Dr. Gettis draws upon his 40 years of clinical experience as a psychologist and combines that with the latest research on the science of happiness. The result is markedly influenced by Dr. Gettis passionate involvement with eastern philosophy in general and Zen...

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