



The Little Book of Happiness: Your Guide to a Better Life

By Patrick Whiteside

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Little Book of Happiness: Your Guide to a Better Life, Patrick Whiteside, In just 96 pages, this incredible little book holds all you need to know in order to find happiness. From an author who is highly trained in the workings of our minds. THE LITTLE BOOK OF HAPPINESS has page after page of direct suggestions on how to search for, and enjoy, this sometimes elusive state. For example: 'Do not expect to feel happiness all the time. It comes and goes. Let it come. Let it go. ' 'Ask yourself, as often as you like, as often as you remember: "Am I happy?" If the answer is "Yes", enjoy the moment. ' 'Learn to dwell in the present - and you will enjoy the contentment and serenity always'. Full of wisdom and practical tips on how to be happy, this is a book to return to again and again: at home in the office, on the bus - whenever you have a small spare moment.



READ ONLINE
[8.26 MB]

Reviews

This ebook can be worthy of a read, and much better than other. I have read and i am certain that i am going to planning to go through again once again in the future. You may like just how the writer compose this book.

-- Mr. Grant Stanton PhD

A whole new eBook with an all new standpoint. It is actually rally fascinating throgh reading through time period. You wont truly feel monotony at anytime of your own time (that's what catalogues are for relating to when you request me).

-- Claire Bartell