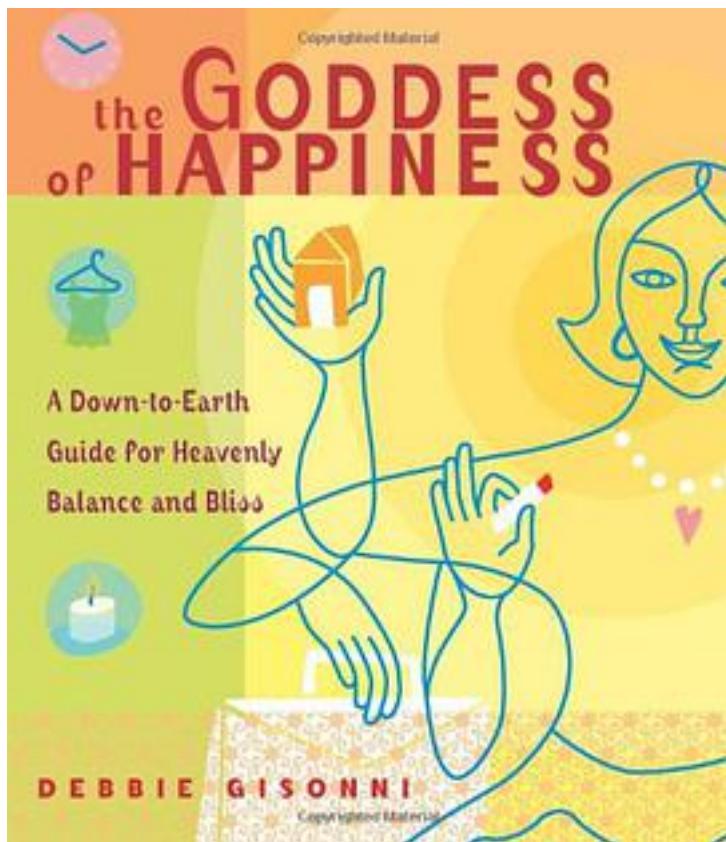


The Goddess of Happiness



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著者:Gisonni, Debbie

出版者:Transition Vendor

出版时间:2005-2

装帧:Pap

isbn:9781930722484

Most people consider happiness the most important pursuit in life, yet few seem to find it. Women, in particular, face a constant internal battle between finding their own happiness and ensuring the happiness of others. Debbie Gisonni, aka The Goddess of Happiness, shows that happiness is a choice that anyone can make, anytime and anywhere. In 44 dynamic entries the author shares her stories, insights, humor, and simple suggestions to bring out the radiant Goddess in every woman. Each entry

includes affirmations and journaling ideas to help readers transform the pursuit of happiness into a tangible, everyday practice. Gisonni teaches that all women are goddesses — they just need to tap their innate power and reacquaint themselves with their own magic; and that life is meant to be enjoyable — not to be taken so seriously or made too complicated. Each of these chapters ends with five simple ways to have an easier and happier life.

作者介绍:

黛比·吉森妮既是畅销书作者，也是演讲家、健康提倡者、专栏作家和公司领导者。在经历了一系列人生变故和领悟之后，黛比创办了一家名叫“领悟生活真谛”的公司，致力于帮助人们更好地成长，通过积极的改变让人们在生活、工作和家庭中获得幸福。

黛比现在的生活精彩而幸福，她与丈夫和三条心爱的哈士奇犬一起甜蜜地生活在纽约西海岸。她自称为“厨娘”，不过她的兴趣可不仅仅在于做饭，还在于娱乐、品尝美食、养生、时装、鞋子、室内设计、风水、冥想、架子鼓、舞蹈以及纵情大笑！

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评论

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书评

幸福是一个努力的过程。他说“幸福是什么？答：只要你过得比我好”，而这个人也愿意为了你过的更好而不懈努力着，这就是一份幸福。

幸福是一种状态。当你饿的时候，旁边有人在吃馒头。这种自然状态的差异使得幸福感不因物质本身的高低而不同。此刻在你眼中，旁边这个...

吉森妮用她的自身经历和感悟，告诉我们：每个女人都是来到人间的一名女神，女人更是天生的幸福女神！只要你能发挥出自己的魔力，幸福就会无处不在，不管是在你的生活、人际关系、家庭，还是工作、事业当中。

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