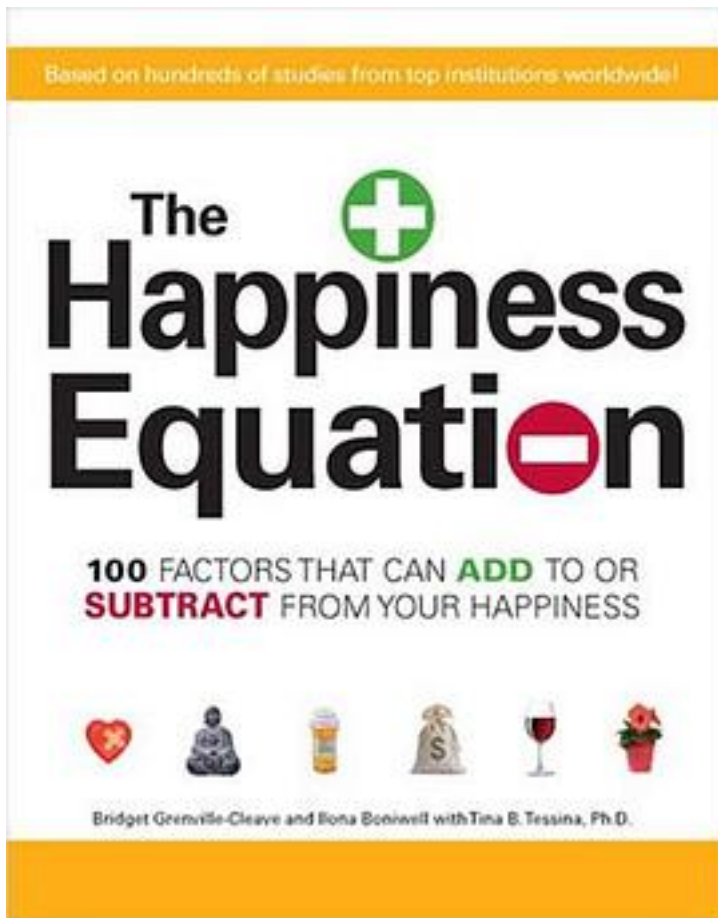


The Happiness Equation



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出版者:Adams Media

出版时间:2008-12-17

装帧:Paperback

isbn:9781605500348

There is a formula for happiness and now readers can learn it in this unique book. To be happier: have a large family, try new foods, and be courageous. However, being highly educated, envying a friend's car, and looking inward can cause the happiness level to go down. In this four-color guide, readers will learn how to calculate their

happiness factor. They all discover what life changes they can make to help it go up and what will happen if it continues to go down. Includes the amount we either add to or subtract from our happiness when we: are married +2; have job insecurity -2; own a pet +5; play a fast-paced sport +2. Delivered in a fun, readable way, this book is perfect for those who want to improve their happiness. After adding and subtracting their way through the book, readers will be inspired to follow the expert advice and take steps to make their lives happier.

作者介绍:

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