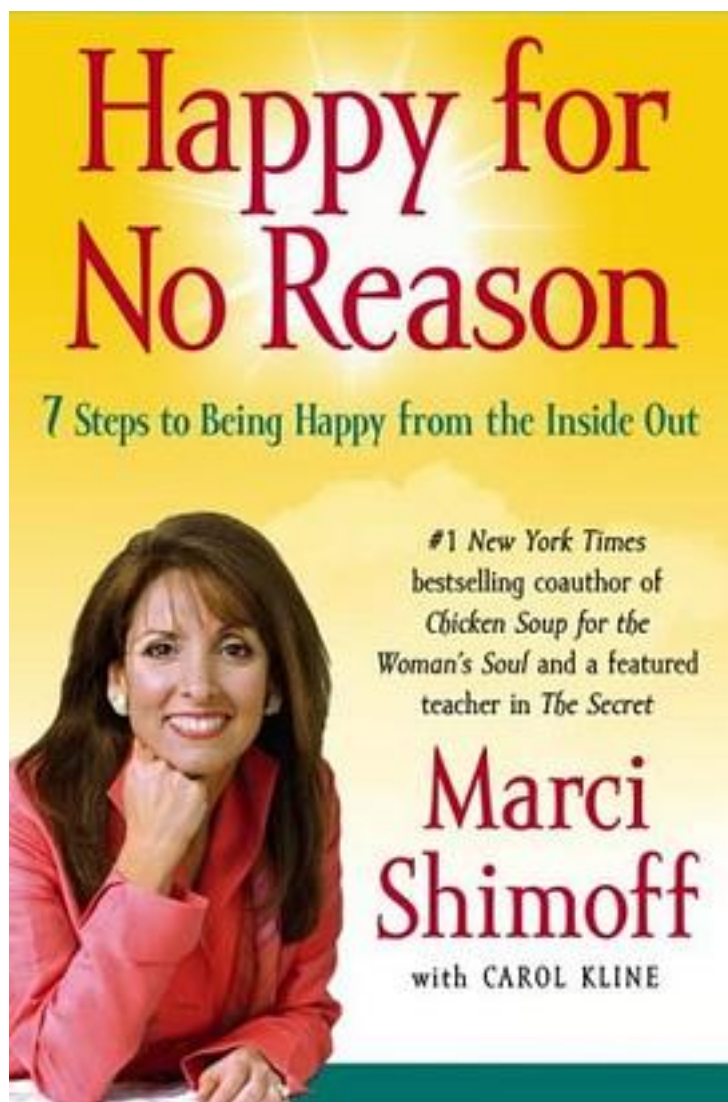


Happy for No Reason



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在线阅读本书

Everyone wants to be happy, yet so many people are the opposite of that, with increasing numbers of anti-depressants being dispensed each year. Clearly we need a new approach to life. Happy for No Reason presents startling new ideas and a practical programme that will change the way we look at creating happiness in our lives. Marci Shimoff combines the best in cutting-edge scientific research into happiness with interviews with over 100 genuinely happy people, and lays out a powerful, holistic, seven-step formula for raising our 'happiness set point'. Our happiness levels are like a neuro-physiological thermostat - we can actually re-programme ourselves to a higher level of peace and wellbeing as happiness is dependent on internal, not external, factors. Happy for No Reason will set readers quickly and easily on a path to lasting joy.

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