

Field Guide to Happiness



[Field Guide to Happiness_下载链接1](#)

著者:Kipfer, Barbara Ann

出版者:Lyons Press

出版时间:2008-12

装帧:

isbn:9781599211848

Dr. Barbara Ann Kipfer's "14,000 Things to Be Happy About" sold 1,100,000 copies and started a groundswell of self-awareness, gratitude, and contentment . Her new book offers easy-to-use tools and techniques for helping readers "choose" happiness in their everyday lives. Making lists, mind maps, and memory books can help you set goals, inspire you, and motivate you to achieve the things that bring you happiness. This delightful book is filled with steps to take towards reaching any goal, with sidebars about staying encouraged and redefining what makes you happy. This guide can simply and efficiently expand your creative output, help you solve personal problems, and set you out in new directions. Take your happiness into your own hands, discover new joy in life, and let this field guide help you find the way Dr. Barbara Ann Kipfer is the author or editor of more than 30 books, including Roget's 21st Century Thesaurus, 3rd Edition, and Instant Karma. She has a Ph.D. in linguistics as well as in archeology, and a Master's degree in Buddhist studies. She lives in Connecticut.

作者介绍:

目录:

[Field Guide to Happiness_ 下载链接1](#)

标签

评论

[Field Guide to Happiness_ 下载链接1](#)

书评

[Field Guide to Happiness_ 下载链接1](#)