

Smile for No Good Reason



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Building on the work pioneered by his father, Dr. Gerald Jampolsky, the author shows how Attitudinal Healing will give readers the happiness they seek without changing the amount in one's bank account, spouse, job, status, or religion. The only thing readers need to change is that over which they have complete control: their attitude. As Jampolsky writes, "Nothing needs to change in your life situation or the world in order for you to have peace of mind. In an increasingly complex world, readers need to remind themselves of what is most precious. "Smile for No Good Reason" offers simple, practical ways to be happy by approaching life with a different attitude.

作者介绍:

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