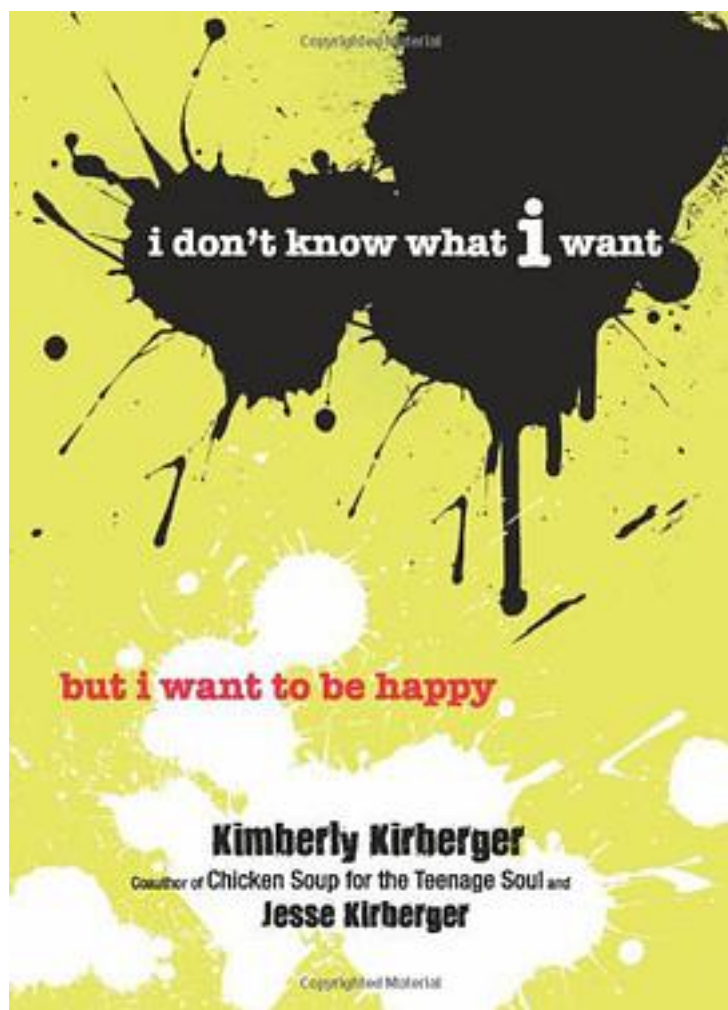


I Don't Know What I Want But I Want to Be Happy



[I Don't Know What I Want But I Want to Be Happy_ 下载链接1_](#)

著者:Kirberger, Kimberly/ Kirberger, Jesse

出版者:

出版时间:2009-6

装帧:

isbn:9780757306747

Happiness is a choice available to you whenever you decide you want it. If your outlook

on life has become a continuous 'whatever, ' if you think of your life as a 'hit-and-miss' game that you mostly 'miss, ' if you are tired of feeling like a victim of your own negativity, you're not alone "I don't know what I want but I want to be happy" is about learning how to find the happiness that you think is missing from your life. It's about deciding what you want, setting goals, and then going about achieving them. It's about really examining yourself and turning everything upside-down and inside-out so you can find the parts that work for YOU. Now, get happy by: LIgetting rid of negative self-talk /LI LIfinding creative outlets /LI LIfeeling healthier /LI LIhaving a 'gratitude attitude' /LI LItelling the difference between want and need /LI LImaking happy time...and so much more/LI/UL

作者介绍:

目录:

[I Don't Know What I Want But I Want to Be Happy_ 下载链接1_](#)

标签

评论

[I Don't Know What I Want But I Want to Be Happy_ 下载链接1_](#)

书评

[I Don't Know What I Want But I Want to Be Happy_ 下载链接1_](#)