

Feel Happy Now!

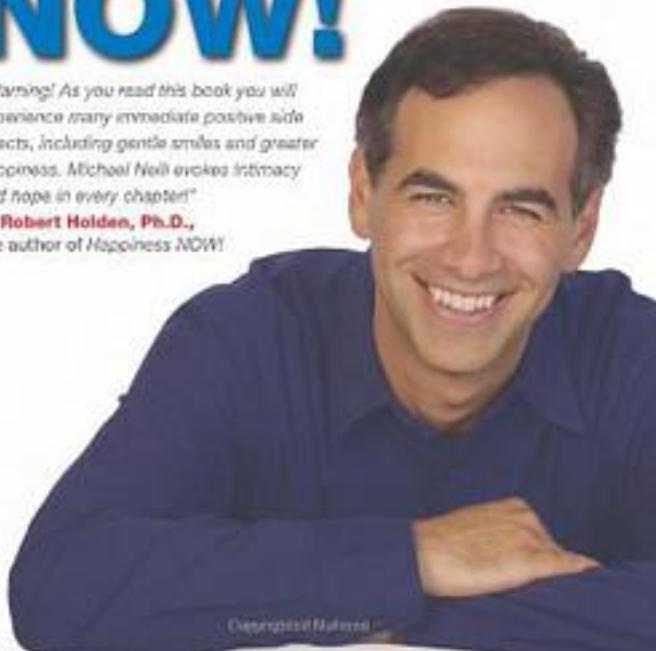
The best-selling author of *You Can Have What You Want*

MICHAEL NEILL

FEEL HAPPY NOW!

"Warning! As you read this book you will experience many immediate positive side effects, including gentle smiles and greater happiness. Michael Neill evoked intimacy and hope in every chapter!"

— Robert Holden, Ph.D.,
the author of *Happiness NOW!*



[Feel Happy Now! 下载链接1](#)

著者:Neill, Michael

出版者:

出版时间:

装帧:

isbn:9781401917739

In his bestseller "You Can Have What You Want," Neuro-Linguistic Programming (NLP) master trainer Michael Neill revealed the practical benefits of cultivating inner happiness for creating tangible real-world success. Now he reveals the "how" of happiness--simple, effective ways to beat stress, overcome anxiety, move beyond depression, and reap the rewards of feeling happy in spite of it all. Inside, you will find: - The Happy Formula--three simple steps that will enable you to feel good, feel better, and feel happy in "any" situation - Why unhappiness is not the enemy--and paradoxically, is one of the keys to feeling good on an ongoing basis - The Permission Principle--overcoming the biggest obstacle to a happy life - Specific, proven techniques for making stress, anxiety, and fear a thing of the past - Behavioral Prozac--be your own doctor with these unofficial prescriptions for happiness, health, and well-being Whether you're in search of a quick pick-me-up or lasting change, you'll find that this book is packed with everything you need to put the power of happiness to work in your own life

作者介绍:

目录:

[Feel Happy Now! 下载链接1](#)

标签

评论

[Feel Happy Now! 下载链接1](#)

书评

[Feel Happy Now! 下载链接1](#)