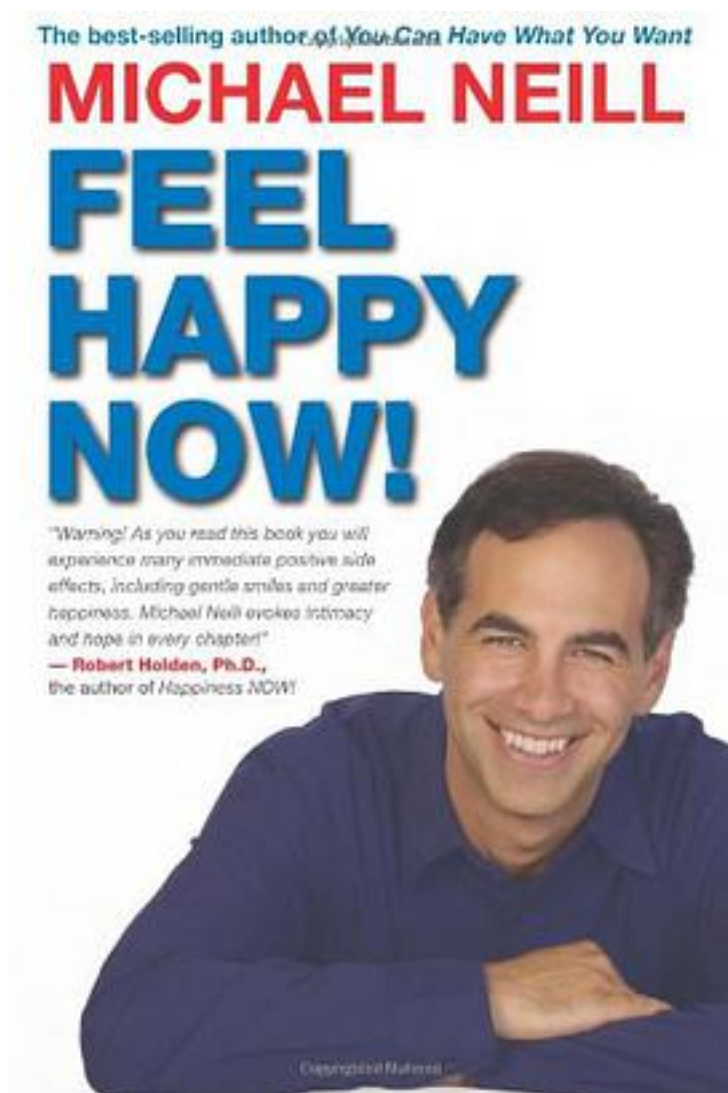


Feel Happy Now!



[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_](#)