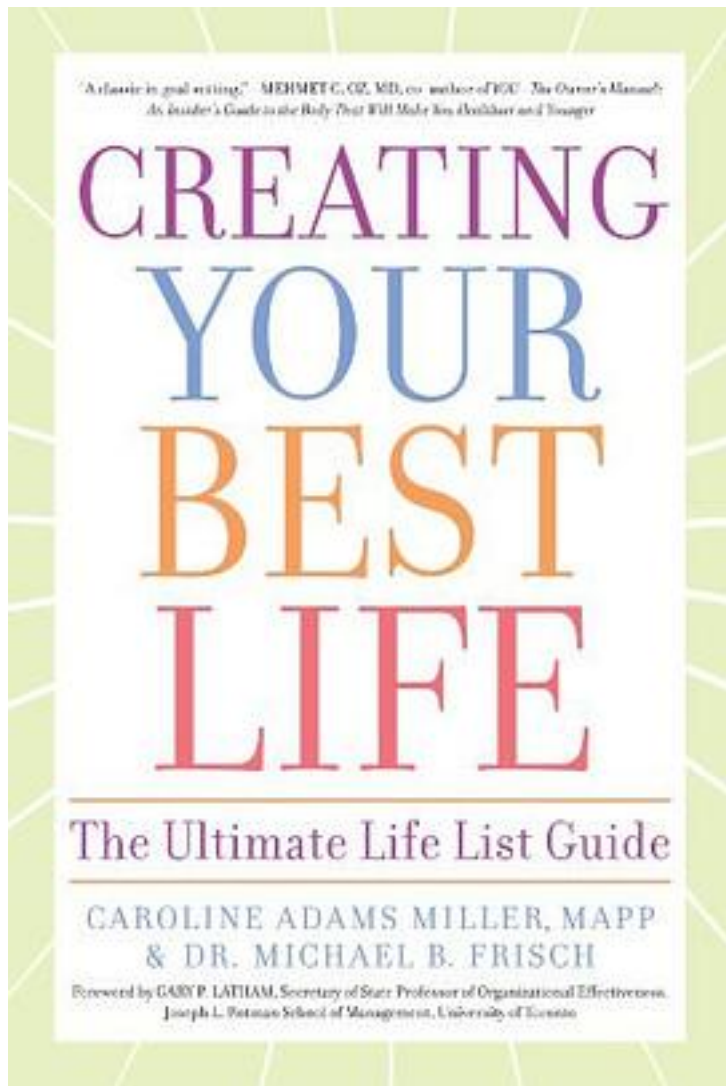


Creating Your Best Life



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著者:Miller, Caroline Adams; Frisch, Michael B.;

出版者:

出版时间:2011-1

装帧:

isbn:9781402779985

Creating Your Best Life is the only research-based book on the topic of goals and happiness, and it has found receptive audiences worldwide. Filled with interactive exercises and quizzes, it helps readers set and accomplish life list goals and understand the link between goal accomplishment and happiness, also known as Positive Psychology. In a step-by-step fashion, the book teaches readers how to coach themselves on how to set goals in 16 life domains, as well as take control of their environment to maximize their chances of success.

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