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Happy This Year!: The Secret To Getting Happy Once And For All



Synopsis

A practical, yet inspirational work that proposes it's the inner world of our psyches that determines happiness, not outside forces. We have control over our own happiness and this powerful book offers concrete advice on how to tap into it and nourish it all year round. The author focuses explicitly on the positive ways we can establish a higher set-point in our thoughts, speech, and actions, resulting in greater sustainable levels of happiness. Regardless of what the year and your life may bring, we can become measurably and sustainably happier.

Book Information

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Customer Reviews

Great book, very fast read. So many recommendations to incorporate into your daily life. The end goal is to be aware of your attitude. Only you control your attitude, not another person, event or situation. We must remember that.

Will Bowen, you have created such an amazing collection of ideas and advice for any person has dealt with an over abundance of negative emotions. I will listen over and over to you, because you

have helped me find to a heart filled with peace and happiness. I am a true fan!

You can easily write a book of this topic with the simple reasoning of positive thoughts and you are what you think. Will Bowen does that and yet gives you practical ways to apply being happy in everyday life.

Everyone should read this book or listen to it! It presents concepts in ways I never thought of before and I do feel happier doing the exercises and applying the concepts ! I never thought I could embrace my sacred clowns! (I never heard of them before, but it is soooo true!

There is good advice in this book. Much of it I have heard before. However, the book is well written and well organized. It is a good way to start an attitude adjustment and a new year.

The book helps one to look at Happiness vs JoyHelps along your journeyHelps for loneliness and depressiontools to work with when attempting to increase level of happinessIntroducing new ways of viewing difficultieswell written, easy to understand and apply. Very positive Enjoyed.

I have read a collection of books about the study of happiness, and about building increasing happiness into your life, This one gives very concrete suggestions from a person out there "in the trenches", who has struggled to rebuild a satisfying life against circumstances that made it a very challenging proposition.

This book was excellent! It's very well written, easy to follow, entertaining. The tools provided are really a life changer.

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