



## Happy at Last: The Thinking Person's Guide to Finding Joy

By Richard O'Connor

St Martin's Press. Paperback / softback. Book Condition: new. BRAND NEW, Happy at Last: The Thinking Person's Guide to Finding Joy, Richard O'Connor, Happiness has been written about by everyone from the Dalai Lama ("The Art of Happiness") to Daniel Gilbert ("Stumbling on Happiness"), but in "Happy At Last "Richard O'Connor takes a fresh look at what happiness is, why we are happy (or not) and how we can stay happy. How? He says we can rewire our brain to be more receptive to happiness by learning to control how our minds work. Drawing on the latest scientific and psychological research, and filled with practical advice and exercises, "Happy At Last "is the definitive guide to understanding: - The core skills that we need to feel fulfilled in today's world - Strategies for increasing happiness - Techniques for keeping sadness and stress at bay. Richard O'Connor makes it possible to be, finally, "Happy At Last!".



**READ ONLINE**  
[ 3.91 MB ]

### Reviews

*Certainly, this is the finest work by any article writer. It really is full of wisdom and knowledge You will not sense monotony at at any time of your own time (that's what catalogs are for concerning should you ask me).*

-- **Marion Mann DDS**

*Good e-book and helpful one. It can be writter in basic phrases rather than confusing. I realized this ebook from my i and dad recommended this book to find out.*

-- **Ozella Batz**