

CHOOSING HAPPINESS BOOK



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The aim of this workbook is to help individuals assess and build the skills of emotional intelligence. Readers will improve their ability to understand and manage emotions, change counterproductive thinking patterns, read others, build positive relationships, and resolve conflict more effectively.

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Choosing Happiness by Stephanie Dowrick

Choosing Happiness is a glorious book both in intent and in scope. In many ways it is the only book you need ever buy on happiness. Not only is it a wise and enjoyable read it is also an invaluable reference book to return to again and again . Nigel Marsh, author of Fat, Forty and Fired

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Choosing Happiness Life and Soul Essentials by Stephanie

Choosing Happiness: Life and Soul Essentials by Stephanie Dowrick has a title that implies a premise that runs through all four books: that happiness is a choice, not something to merely be hoped for, stumbled upon or given to a lucky few. In fact, no one can give you happiness, Dowrick asserts.

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Choosing Happiness Authors Choosing Happiness Book

Debra is the author of Soul-Hearted Partnership: The Ultimate Experience of Love, Passion, and Intimacy, a contributing author of Inspiration for a Woman's Soul: Choosing Happiness, and is currently working on her

newest book Being Love. Learn more at www.DebraReble.com today.

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Choosing Happiness: Life and Soul Essentials User Review - Not Available - Book Verdict. In the latest from inspirational author Dowrick (Forgiveness and Other Acts of Love), she explores the seven "essentials" that can provide contentment in a world that values material success over

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