

Happy At Last The Thinking Persons Guide To Finding Joy
Richard Oconnor

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It was refreshing, accessible, and helpful, as is his new book, Happy at Last: The Thinking Person's Guide to Finding Joy. Dr. O'Conner, a practicing psychotherapist who's experienced bouts of depression, he writes from both sides of the couch.

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"Across thirty-two cities worldwide, people in 2006 were walking an average 10 percent faster than they were in 1994." — Richard O'Connor, Happy at Last: The Thinking Person's Guide to Finding Joy

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