

# THE HAPPY WORKSHOP: AN EIGHT WEEK JOURNEY TO REAL, LASTING HAPPINESS

An easy-to-read book that's full of practical tips for how to actually get happy." This book can take you from down-in-the-dumps to really happy - in just eight short weeks! How? Read on... The Happy Workshop is a practical program that can get you from...



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### The Happy Workshop: An Eight Week Journey to Real, Lasting Happiness

Author	Rivka Levy
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## Reader's Opinions

A very positive self-help workbook--well-grounded in positive psychology, it offers a practical approach to working on one's thoughts and behaviours to shift to a more positive direction. I received a free copy...

Usually, these workshops and books claiming that within "X amount of weeks, you'll achieve [some kind of significant inner change]!" are just trying to sell you some bottled snake oil. But "The Happy Workshop" digs deep while maintaining a friendly tone. The book reads as if you're sitting with an honest and caring friend who is a pleasure...