



Anna Barnes

Author Anna Barnes is known for writing inspiring and useful self-help books. Her writing frequently addresses issues of wellbeing, happiness, mindfulness, and personal growth. Barnes offers readers practical guidance and techniques to enhance their lives through an approachable and captivating writing style. Her works are intended to inspire readers to develop ethical habits, create deep connections, and meet challenges in life head-on with hope and courage.

SAY HELLO TO JOY AND HAPPINESS!

When you're happy, it radiates from within and rubs off on the world. But how do you get there? With a little bit of help and inspiration, it's both possible and delightful to turn up the joy.



Bursting with simple tips, uplifting statements and fun activities, *HOW TO BE HAPPY?* will give you the boost you need to make life shine brighter.



How to be happy?
Anna Barnes



\$ 9.99



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Anna Barnes' book "How to be HAPPY?" is a useful and realistic guide book for locating happiness in everyday life. In order to assist readers in developing a more positive outlook and increased happiness, the book offers practical suggestions for raising happiness and wellbeing, from developing meaningful relationships and pursuing passions to engaging in mindfulness and gratitude practices. Barnes enables readers to take control of their own happiness and find joy in both the major life events and the little things by using approachable language and realistic examples.



James Altucher

James Altucher is a talented writer, entrepreneur, and investor known for his unconventional and open approach to life and business. He is the author of multiple books on a wide range of subjects, such as financial success, personal growth, and business.



ClaudiaAzula Altucher

Claudia Azula Altucher is a writer, coach, and speaker focused on personal growth, mindfulness, and well-being. Along with her husband James Altucher, she co-wrote numerous books, including "The Power of No," in which she offers advice and techniques for living a more contented and meaningful life.

THE POWER OF NO!

"Your freedom may be closer than you think....."

I'm so grateful for this book, and I know you will be, too."

– Kris Carr, New York Times best-selling author of Crazy Sexy Kitchen

How many times have you heard yourself saying yes to the wrong things—overwhelming requests, bad relationships, time-consuming obligations? How often have you wished you could summon the power to turn them down? This lively, practical guide helps you take back that power and shows that a well-placed "NO" can not only save you time and trouble, it can save your life.

Drawing on their own stories as well as feedback from their readers and students, James Altucher and Claudia Azula Altucher clearly show that you have the right to say NO: To anything that is hurting you. To standards that no longer serve you. To people who drain you of your creativity and expression. To beliefs that are not true to the real you. When you do, you'll be free to say a truly powerful "Yes" in your life, one that opens the door opportunities, abundance, and love.



The power of NO!
James Altucher
Claudia Azula Altucher

\$ 10.99



The power of NO!

James Altucher | Claudia Azula Altucher

The power of NO!

Because one little word can bring health, abundance and happiness!

James Altucher
ClaudiaAzula Altucher



James Altucher and Claudia Azula Altucher's book "The Power of No" emphasizes the transforming power of saying "no" in a variety of situations. The importance of establishing limits, giving commitments top priority, and taking back control of an individual's time and energy is emphasized throughout the book. To live a more meaningful, free and genuine life, they encourage readers to overcome feelings of guilt, fear, and social pressure caused by saying "no."



Ingrid Fetell Lee

Designer and writer Ingrid Fetell Lee's innovative study reveals the hidden ways in which our environment affects our feelings and general health. Her mission is to encourage people to discover greater joy in life and work through design. She is the founder of The Aesthetics of Joy, the author of *Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness*, and a former design director at IDEO.

RESOUNDING PRAISE FOR JOYFUL!

"The book has the power to change everything. Writing with depth, wit, and insight, Ingrid Fetell Lee shares all you need to know in order to create external environments that give rise to inner joy."

- SUSAN CAIN, author of *Quiet* and founder of Quiet Revolution

"Ingrid Fetell Lee's blockbuster debut will open your eyes to all the places where joy is hiding in plain sight."

- ADAM GRANT, author of *Originals* and *Give and Take*

"An invaluable field guide to discovering delight in all its forms. It's hard to look at the world - and your place in it - quite the same way again."

- BIANCA BOSKER, author of *Cork Dork*

Joyful overturns conventional wisdom about happiness. It is full of whimsy, energy, and joy. I loved it."

- SONJA LYUBOMIRSKY, author of *The How of Happiness*

 **JOYFUL**
Ingrid Fetell Lee



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Ingrid Fetell Lee

JOYFUL

 **L B**
LITTLE, BROWN AND COMPANY

"An inexhaustible and exciting guide to what makes life good"
- Arinna Huffington

Ingrid Fetell Lee

The surprising
power of
ordinary things
to create
extraordinary
happiness.



"*Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness*" written by Ingrid Fetell Lee explores the relationship between our happiness and our environment. Lee explores the psychology and science of happiness, showing us how color, symmetry, and abundance may positively affect our emotions and general state of mind. She highlights how minor adjustments to our surroundings may foster happiness in our everyday lives with captivating tales and research supported observations.