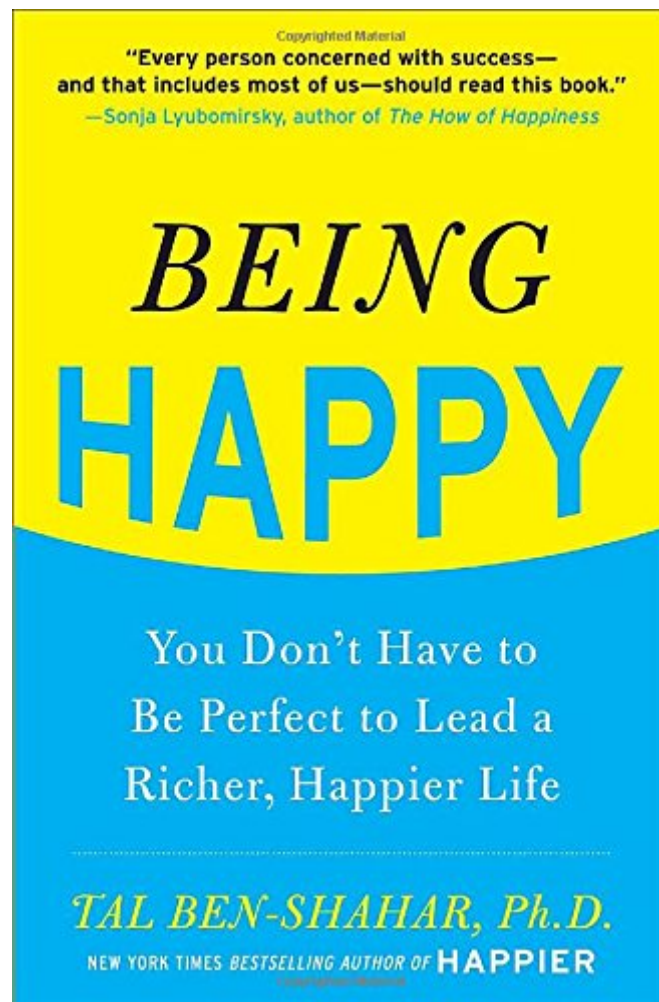


Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life PDF



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Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life by Tal Ben-Shahar
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A brilliant guide to living a happier life (even if it's not so perfect)

Bestselling author Tal Ben-Shahar has done it again. In *Being Happy* (originally published in hardcover as *The Pursuit of Perfect*, 978-0-07160882-4), he gives you not only the theory but also the tools to help you learn how to accept life as it actually is instead of what you think it should be. By using the science of positive psychology along with acceptance, Ben-Shahar shows you how to escape the rat race and begin living a life of serenity, happiness, and fulfillment.

With the same technique that made *Happier* such a great success, *Being Happy* shows you how to

let go of unrealistic expectations and truly accept your emotions for a more serene life.

Praise for Ben-Shahar:

"[Tal Ben-Shahar has] a rare brand of good sense that is embedded in scientific knowledge about how to increase happiness." -- Martin E. P. Seligman, author of **Authentic Happiness**

"Ben-Shahar teaches that happiness isn't as elusive as people think." -- **Publishers Weekly**

"One of the most popular teachers in Harvard's recent history." -- Ellen J. Langer, author of **Mindfulness** and **On Becoming an Artist**

Tal Ben-Shahar is the New York Times bestselling author of *Happier*. He consults and lectures around the world to executives in multinational corporations, the general public, and at-risk populations. For more information, visit www.talbenshahar.com

Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life Review

This Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life having great arrangement in word and layout, so you will not really feel uninterested in reading.