

The Post-College Guide to Happiness



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Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.
(Lavina Torp)

THE POST-COLLEGE GUIDE TO HAPPINESS

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Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The world can be a bit negative sometimes, which is kind of like saying rain is wet. Smiles have been replaced by cell phones and cynical is the new normal. The pursuit of happiness has been changed into the pursuit for dollars and in a tough economic climate, it's a race most of us are losing. Comedian and author Bryan Cohen thinks that it's time to remember what happiness is all about. He believes that normal people like you (without diamond-bejeweled muscle shirts) can still be happy with a few changes to your attitude, your beliefs and a short training routine to build up your joy. Cohen has laid out 35 exercises that you can use to create a happiness workout plan to help you in the following areas: * Keeping your negative thoughts at bay and learning to control your emotions * Finding things to like about the job you hate and how to quit it to start a job you love * Loving the one you're with and strengthening your family's happiest memories * Learning more about yourself and what you're good at without a master's degree * Embracing silence in a world overrun by digital doohickeys * Finding time and energy to embrace your creative side and live your dreams * Making your beliefs inclusive and turning to spirituality for health and wealth Whether you're just graduating college or headed into retirement age, The Post-College Guide to Happiness will help you turn that pessimism upside down and put you back on the path to a happier life. After years of joyous research, Cohen has found the most-effective happiness...

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