

Beyond Happiness by Design: Separating Fact from Fiction (Paperback)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. This book 'Beyond Happiness by Design - Separating Fact from Fiction' is not meant to be a quick fix guide to happiness and good health. Its main emphasis is to point out the findings that have withstood the rigour of 'controlled' studies. We will see that this approach is important, as sometimes intuitively appealing techniques that initially show promise, fail to show the benefits claimed when put to scientific scrutiny. About the Author Vali Nasser has a degree in Cognitive and Social Psychology as well as a degree in Mathematics and Physics. In addition, through his consulting experience in Organization Development he has gained an advanced qualification in Change Management. In the last nine years he has been practicing Mindfulness Meditation and is presently retired writing more books. In this new book he has researched various psychological methods that claim to remove our mental distress, as well as those that claim to give us more happiness. In particular he has evaluated studies in Psycho -Analysis, Cognitive Behaviour Therapy, Mindfulness Training as well as the burgeoning field of Positive Psychology. In addition he has researched the benefits of exercise and good eating habits. He is sceptical of methods, however appealing they may be, that have not been scientifically validated. The author hopes that his book 'Beyond Happiness by Design - Separating Fact from Fiction' will be of interest to readers who want to know those techniques that actually work as well as those that don't or may be suspect.

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