



Finding Happiness in a Frustrating World

By Jim Johnson

Dog Ear Publishing, United States, 2008. Paperback. Book Condition: New. 249 x 173 mm. Language: English . Brand New Book ***** Print on Demand *****.In just a few hours, this concise little book will teach you how to find long-term happiness. How does it accomplish this lofty goal? Simply by giving the reader the ability and insight to distinguish between the things in life that bring lasting happiness, from those that merely provide temporary happiness. At the end of the book, all the concepts are pulled together into one practical, step-bystep plan that can be put into action immediately. Based completely on randomized controlled trials and scientific studies that have been published in peer-reviewed journals, Finding Happiness in a Frustrating World is a practical and efficient resource to help you keep life from driving you crazy. Jim Johnson, P.T. is a physical therapist who has spent over seventeen years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including The Multifidus Back Pain Solution, Treat Your Own Knees, The No-Beach, No-Zone, No-Nonsense Weight Loss Plan: A Pocket Guide to What Works, The...



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