



The Little Manual of Happiness: 7 Simple Steps to a Joyful Life

By Vikas Malkani

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Little Manual of Happiness: 7 Simple Steps to a Joyful Life, Vikas Malkani, Beneath our so-called wants and desires for love, comfort, wealth, power or, lies the unchanging quality of happiness that all of us, without exception, seek. To make your journey to this happiness or inner consciousness easier, this book shares some practical ideas and suggestions. Disarmingly simple, you will be pleasantly surprised by their inherent power to transform your entire life.



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