



The Happiness Workbook (Teach Yourself)

Hilary Pereira

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Do you want to find happiness? Or to be one of those people who it seems nothing can get down? This new Teach Yourself Workbook doesn't just tell you how to be happy. It accompanies you every step of the way, with diagnostic tools, goal-setting charts, practical exercises, and many more features ideal for people who want a more active style of learning. The book starts by helping you identify the factors currently constraining your happiness, and their causes. It then helps you set specific goals to improve on; as you progress through the book, you will be able to keep checking your progress against these goals. Specially created exercises, using the tools of NLP, hypnotherapy and cognitive psychology, will help you to boost your happiness so that you can feel happy whatever life throws at you.

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