



The Happiness Solution Finding Joy And Meaning In An Upside Down World

By Ph. D.

Goodman Beck Publishing. Paperback. Book Condition: New. Perfect Paperback. 214 pages. Dimensions: 8.8in. x 5.9in. x 0.9in. The Happiness Solution: Finding Joy And Meaning In An Upside Down World is a fascinating collection of parable-like stories, myths, and anecdotes. Dr. Gettis draws upon his 40 years of clinical experience as a psychologist and combines that with the latest research on the science of happiness. The result is markedly influenced by Dr. Gettis passionate involvement with eastern philosophy in general and Zen in particular. The book is written in a down-to-earth, non-pedantic style, that makes it easy to read and digest despite dealing with complex human issues. It combines Zen wisdom, cognitive behavioral therapy, spirituality, and the new paradigm of positive psychology. The Happiness Solution won the Best Mental Health Psychology Book Award from USA Book News. It was also selected as one of the Top Ten Books Of The Year by The Best You Can Be Foundation. The book confronts our societal notions of what brings us true happiness. The answers may surprise you. It turns out that power, fame, fortune, prestige, possessions, and intelligence level are not the ultimate answers. You cant buy integrity, love, self-esteem, and peace of mind at..



READ ONLINE
[6.83 MB]

Reviews

Certainly, this is actually the greatest job by any publisher. It is really simplistic but shocks within the 50 % of the pdf. I am just happy to tell you that this is the very best ebook i have read in my own lifestyle and may be he greatest ebook for actually.

-- **Marge Jacobson MD**

If you need to adding benefit, a must buy book. it was writtern really perfectly and beneficial. You may like the way the author create this ebook.

-- **Rebekah Becker**

You May Also Like



Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and professional mariners. This is the ideal book...



Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely...



Water From The Well: Sarah, Rebekah, Rachel, and Leah

HarperOne. Hardcover. Book Condition: New. 0060737964 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! * I...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.