

1. Record Nr.	UNINA9910150231503321
Autore	Freeman Daniel <1971->
Titolo	You can be happy : the scientifically proven way to change how you feel // Daniel Freeman, Jason Freeman
Pubbl/distr/stampa	Harlow, England : , : Pearson Education Limited, , [2012] Â©2012
ISBN	1-283-73405-2 0-273-76391-1
Edizione	[1st edition]
Descrizione fisica	1 online resource (vi, 158 p.)
Disciplina	152.4/2
Soggetti	Happiness
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Introduction -- Committing to happiness -- Getting the basics in place : improving your diet and sleep -- Activities for happiness -- Calming negative thoughts -- Increasing positive thoughts -- Relaxing your body and mind -- Relationships -- Happiness at work -- Underlying problems : common psychological issues that fuel unhappiness -- Becoming happier and staying happier.
Sommario/riassunto	Do you feel that there's room for a bit more happiness in your life? A lot more even? Then here's the good news: you have much more control over your happiness than you probably think. And in this book, you'll discover the often simple, but easily overlooked, steps you can take to reclaim more of those good feelings.