

1. Record Nr.	UNINA9910163890203321
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Titolo	How to be happy / / Anna Barnes
Pubbl/distr/stampa	Chichester, England : , : Vie Books, , 2016 ©2016
ISBN	1-78372-899-X
Descrizione fisica	1 online resource (160 pages) : color illustrations
Disciplina	158
Soggetti	Happiness Self-actualization (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	When you're happy, it radiates from within and rubs off on the world. But how do you get there? With a little bit of help and inspiration, it's both possible and pleasurable to turn up the joy. Bursting with simple tips, uplifting statements and fun activities, 'How to Be Happy' will give you the boost you need to make life shine brighter.