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Sommario/riassunto	Research shows us clearly what works in counseling and psychotherapy. Often by the time clients enter a therapist's office they have been told what to do--often soundly and sensibly--by well-meaning family, friends, and health professionals. The challenge for the effective therapist is how to communicate these same, sound messages in ways that the client is more likely to take on board, act on, and benefit from. 101 Stories for Enhancing Happiness and Well-Being harnesses the power of stories to translate the research from positive psychology into effective and practical therapeutic interventions. It communicates the core processes for enhancing happiness and well-being in ways that are easy to understand and incorporate into one's therapeutic practice and clients' lives.