

## [THE HOW OF HAPPINESS BOOK](#)



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### **The how of Happiness Google Books**

The How of Happiness is both a powerful contribution to the field of positive psychology and a gift to all those who have questioned their own well-being and sought to take their happiness into their own hands.

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Happiness, as most things in life, requires a process and not a magic trick, This Summary engage and encourage yourself to search within yourself what you need to be happy. It's not a Houdini scene, it's just a matter of wishing, trying and be totally convinced that happiness it's in the front of your mirror.

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### **Sonja Lyubomirsky Wikipedia**

Sonja Lyubomirsky (born December 14, 1966) is an American professor in the Department of Psychology at the University of California, Riverside and author of the bestseller *The How of Happiness: A Scientific Approach to Getting the Life You Want*, a book of strategies backed by scientific research that can be used to increase happiness.

<http://ebookslibrary.club/Sonja-Lyubomirsky-Wikipedia.pdf>

### **Book Review The How of Happiness Happy Brain Science**

The How of Happiness is data-based and highly recommended for anyone interested in positive psychology, whether academically, professionally or personally.

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