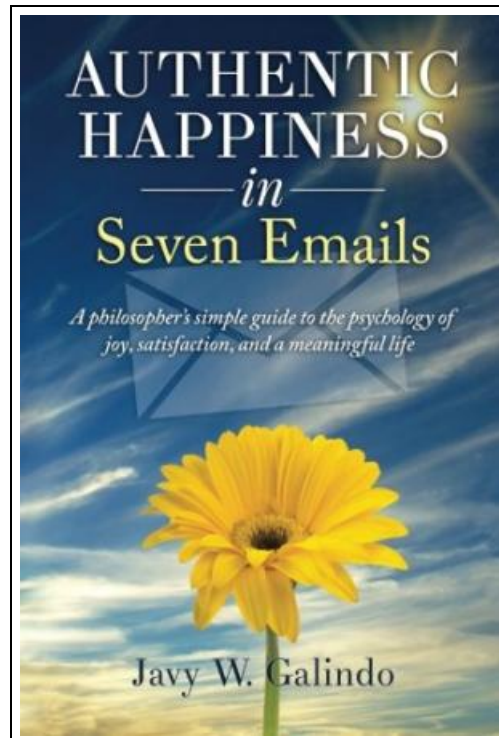


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Hyena Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. After years of pursuing happiness through money, relationships, and material possessions Vickay found herself trapped, unfulfilled, and unhappy. A college course on the psychology of happiness taught by a philosophy instructor piqued her curiosity. On a whim she was inspired to contact the professor for some insights on how to breakout of her rut. His ideas forever changed her approach to finding happiness and started her on a path towards living life more skillfully. It all began with an email, containing a simple question, asked at the right time: How can I be happier? Authentic Happiness in Seven Emails is the answer to that question. Through these seven emails, the professor shares three key concepts and four critical skills for living a happy life: -What makes us happy? -If happiness is a choice, why don t we always choose it? -What is happiness anyway? -How can we experience more peace and less negativity? -How can we experience more joy? -How can we be more engaged and satisfied with our lives? -How can we live a meaningful life and rediscover our sense of purpose? The professor draws on current psychological research to provide practical tools for experiencing consistent, everyday happiness, but he also raises philosophical questions that will have readers discovering their own unique insights on life. Authentic Happiness in Seven Emails is more than a collection of emails or an introduction to positive psychology. It is an inspirational, thought-provoking guide to the science of happiness and to a life well lived.

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