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# THE HOW OF HAPPINES A New Approach to Getting the Life You Want 0 Sonja Lyubomirsky

## THE HOW OF HAPPINESS: A NEW APPROACH TO GETTING THE LIFE YOU WANT

Penguin Putnam Inc. Paperback. Condition: new. BRAND NEW, The How of Happiness: A New Approach to Getting the Life You Want, Sonja Lyubomirsky, A groundbreaking, practical guide to attaining happiness based on innovative scientific research, "The How of Happiness" is a powerful contribution to the field of positive psychology and a gift to people who have sought to take their happiness into their own hands. Drawing upon years of her own pioneering research with thousands of men and women, psychologist...

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