



Happiness Now!: Timeless Wisdom for Feeling Good Fast

By Robert Holden

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Happiness Now!: Timeless Wisdom for Feeling Good Fast, Robert Holden, "Happiness Now!" is a truly powerful and radical exploration of one of life's most treasured goals. Packed with rich insights and practical wisdom, it offers a message of profound hope and healing for a generation that is often too busy chasing happiness to be truly happy. Robert Holden, PhD, presents a personal, warm and entertaining account of how he developed his pioneering work with The Happiness Project. Using a highly creative mix of stories, exercises, meditations, poetry and prayer, Robert shares his distinctive philosophy and practice of 'the how of happiness'. Visionary and practical, challenging and compassionate, "Happiness Now!" gives you valuable keys to true self-acceptance, everyday abundance, loving relationships, inner success and lasting joy - starting Now!.



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