



Introducing Happiness: A Practical Guide

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Will Buckingham

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By looking at the history of thought, this Practical Guide will help you to do things to improve your well-being; to free yourself from the various disturbances of life; to overcome irrational expectations that cause us distress and to understand the causes of suffering. Full of straightforward advice and examples and written by an expert on the subject, this book will help you understand what constitutes happiness, and how to make positive changes to become happier in your own life.



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