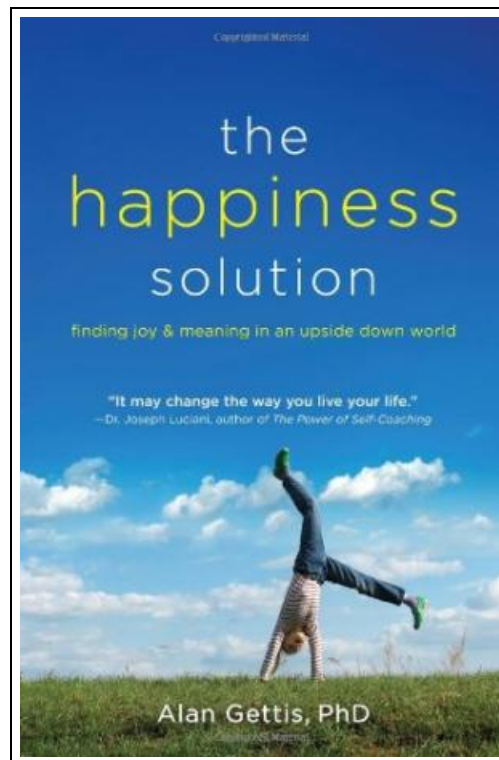


The Happiness Solution Finding Joy And Meaning In An Upside Down World



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Reviews

It is just one of my personal favorite books. I was able to comprehend every little thing out of this published e-publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Isaac Olson)

THE HAPPINESS SOLUTION FINDING JOY AND MEANING IN AN UPSIDE DOWN WORLD



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Goodman Beck Publishing. Paperback. Book Condition: New. Perfect Paperback. 214 pages. Dimensions: 8.8in. x 5.9in. x 0.9in. The Happiness Solution: Finding Joy And Meaning In An Upside Down World is a fascinating collection of parable-like stories, myths, and anecdotes. Dr. Gettis draws upon his 40 years of clinical experience as a psychologist and combines that with the latest research on the science of happiness. The result is markedly influenced by Dr. Gettis passionate involvement with eastern philosophy in general and Zen in particular. The book is written in a down-to-earth, non-pedantic style, that makes it easy to read and digest despite dealing with complex human issues. It combines Zen wisdom, cognitive behavioral therapy, spirituality, and the new paradigm of positive psychology. The Happiness Solution won the Best Mental Health Psychology Book Award from USA Book News. It was also selected as one of the Top Ten Books Of The Year by The Best You Can Be Foundation. The book confronts our societal notions of what brings us true happiness. The answers may surprise you. It turns out that power, fame, fortune, prestige, possessions, and intelligence level are not the ultimate answers. You cant buy integrity, love, self-esteem, and peace of mind at the mall. Dr. Gettis uses humor, pathos, and storytelling to lead you to the solution. He believes we are hard wired for stories, dating back to the earliest cultures and our collective unconscious. Dr. Gettis firmly believes that the stories in The Happiness Solution may indeed change the way the reader lives her life. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Perfect Paperback.



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