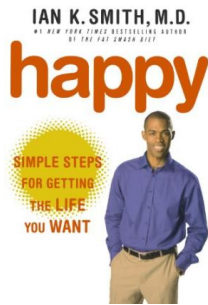


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HAPPY: SIMPLE STEPS FOR GETTING THE MOST OUT OF LIFE



Griffin Publishing, United States, 2011. Paperback. Book Condition: New. Reprint. 206 x 137 mm. Language: English. Brand New Book. Ian K. Smith, M.D., has inspired millions to lose weight - both through his effective diet books and through his outreach work with the 50 Million Pound Challenge. By counselling dieters, he's learned that achieving hard-fought goals can make a person happy for a time, but that these accomplishments don't necessarily lead to long-term happiness. In Happy...

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- Authored by Ian K. Smith
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