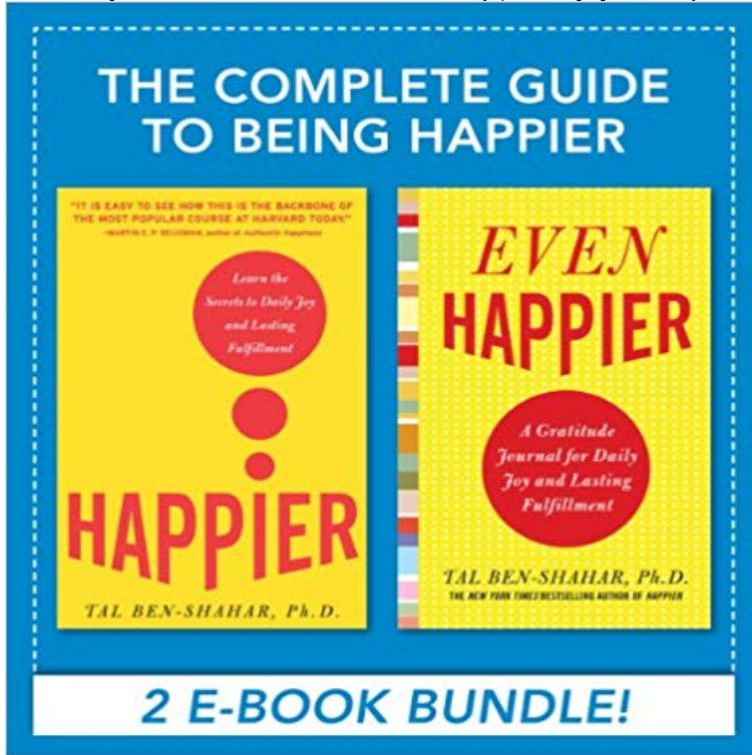


# Complete Guide to Being Happier (EBOOK BUNDLE)



Two books in one eBook package! The BESTSELLING guide to true happiness combined with HANDS-ON EXERCISES to making it stick every day. Can you learn to be happy? YES ... according to Tal Ben-Shahar, bestselling author and the teacher of Harvard University's most popular and life-changing course. One out of every five Harvard students has lined up to hear Ben-Shahar's insightful and inspiring lectures on that simple but ever-elusive state of mind and emotion: happiness. The Complete Guide to Being Happier combines Ben-Shahar's philosophy and techniques with his hands-on regimen for actually working at becoming happier. This life-changing eBook package includes:

**Happier GLOBAL BESTSELLER!** Grounded in the revolutionary positive psychology movement, Happier combines scientific studies, scholarly research, self-help advice, and spiritual enlightenment. Ben-Shahar weaves them together into a set of principles you can apply to your daily life. Once you open your heart and mind to Happier thoughts, you will feel more fulfilled, more connected ... and, yes, HAPPIER. Dr. Ben-Shahar, one of the most popular teachers in Harvard's recent history, has written a personal, informed, and highly enjoyable primer on how to become happier. It would be wise to take his advice. Ellen J. Langer, author of *Mindfulness* and *On Becoming an Artist*

**Even Happier** In this week-by-week guided journal, Tal Ben-Shahar offers a full year's worth of exercises to inspire happiness every day. It's packed with tools and techniques to help you find more pleasure and meaning in your life, including: 52 weeks of exercises, meditations, and time-ins. A journal to record your thoughts, feelings, and personal growth. Life-changing insights of philosophers, psychologists, artists, writers, scientists, and successful entrepreneurs.

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