



Happy: Simple Steps for Getting the Most Out of Life

By Ian K. Smith

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 , Dr. Ian has created a programme that will motivate readers to tap into behaviours and mindsets that work and last. It s not euphoria Smith is after. With his expertise he can help anyone reach their personal high-mark of positive feelings. You don t have to overhaul your life for enduring happiness; simple steps you start today can spark big and permanent change. By focusing on ideas like these, Happy gives you all the tools and exercises you need for a fulfilled and happy life: how to be optimistic; why optimism and realism are not opposites; the importance of family and community; how to get outside of yourself; why involvement leads to contentment; tapping the power of simple pleasures;...



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