



Think Happy: 7 Simple Steps to a Happier Life

Margaret Hart

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THINK HAPPY – 7 simple steps to a happier life by #1 Bestselling Author Margaret Hart Depression? Anxiety? Just not feeling as good as you should? Maybe you could just be happier? Think Happy's 7 simple steps are: *Universal *Non-sectarian *Easy to understand *Beneficial to anyone who follows them regardless of age, race, gender or life circumstance The fact is life doesn't always feel great. When we are feeling down it can be difficult to know exactly how to pick ourselves up and move forward. Think Happy is an intelligent, insightful guide to getting over the bumps in the road and living a happier life. It examines the mechanisms behind toxic, reactive thinking and provides a number of practical exercises to train the mind, increase focus, deal with stress and increase happiness. *****
This practical guide, filled with handy links to exercises, really challenges our notions of what happiness is. The idea, held by many, of it being about pleasure, is torn down by the author's brutal logic and honest disclosure of personal experience. Instead we find that happiness is more akin to freedom, liberation from our judgements and attachment to outcomes, as well as compassion and generosity to others. For those who are seeking more happiness in their lives, without drawing on religious or spiritual texts, this book is an invaluable resource. – Catherine Yunkers

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