

Real Happiness

Proven Paths For
Contentment, Peace
& Well-Being

Mindfulness • Positive Psychology • CBT • Neuroscience

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Real Happiness: Proven Paths for Contentment, Peace & Well-Being



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35 easy-to-implement exercises increase awareness to accomplish lasting change to your daily life. Real Happiness teaches you the way. Drawing from years of groundbreaking study in positive psychology, cognitive behavioral therapy, mindfulness-based practices, and neuroscience, Real Happiness provides a simple path to reach enduring happiness. It really is indeed possible to be happier; The principles of happiness - gratitude, kindness, mindfulness, forgiveness, self-compassion, optimism and connection - are masterfully offered fresh ideas and insight.



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On the way in this book you can find wonderful, moving tales and meaningful quotations to savor. It distills much up-to-date scientific analysis in a very accessible, reader-friendly way and it points to a path that each folks can travel toward enduring happiness. The title "Real Pleasure" does not refer to a superficial, shallow or fleeting kind of enjoyable emotion, either. The happiness in this book is one worried about positive emotions, engagement, and a deeper sense of meaning, purpose and connection in our lives. The author talks about seven scientifically proven principles that may boost our happiness levels. Living in the Present Instant; kindness and compassion; They consist of cultivating gratitude; Thoroughly appreciated scanning this book! Optimism; Dr Paquette has put many great studies in one place If you've ever gone to Dr Paquette's lectures, this is actually the book version of the his wonderful workshops. and Forgiveness. accessible summary of research about promoting happiness & You can find exercises to follow by the end of seven key chapters regarding skills to apply. This is a great roadmap for how exactly to discover yours. Excellent and inspirational The writer has used multiple scientific studies to write an excellent book on the topic of real happiness. Treasures to live by This is a book filled with treasures to live by. A work that has rates by Lou Gehrig, Nelson Mandela, Epictetus the Greek philosopher, William Shakespeare and Lucille Ball confirms that you are in for a genuine treat. The exercises could be adapted for many different age groups. I provide it my extremely highest rating! great Bought this for a class taking and it functions great and We am learning a whole lot. Dr. Paquette writes clearly and with an extremely accessible style--the publication is ideal for professionals but also for the lay reader. Great read! I strongly think that that is a book which will help EACH FOLKS boost and keep maintaining happiness inside our lives. Similarly, it would be great for therapists and instructors, to use with people or in groupings. I'm a coach, and many of the works he draws on are on my shelves as "keepers"--he pulls the very best of them collectively concisely, accurately, flexibly and in a way that is very useful. A real contribution to the field. Happiness is an art, I learned, and when we make a continuing commitment to it, it will develop and grow. The book is easy to learn and understand. It also contains practical details and exercises to greatly help the reader to accomplish real happiness and enhance their life quality. It is not yet another pop psychology publication about becoming happier. Real Happiness is a superb resource for both professional health care ... Real Happiness is a great resource for both professional health care providers and for everyone. Jonah Paquette does a great job of presenting the existing research on positive psychology in an exceedingly readable format. Its an excellent reference for teaching and cites some of the most current literature on pleasure. Fostering Self-Compassion; Excellent resource This book provides solid, practical applications of evidence-based techniques for increasing happiness and well-being. I highly recommend this comprehensive book. It review articles and draws from the professional research and literature upon this subject and presents the info in an accessible manner. Great resource! Strengthening Relationships; Your roadmap to real happiness Jonah Paquette brings the essential elements of happiness alive! The author presents compelling arguments from reliable sources and research to validate what counts most. We are all on a quest for more happiness. I love the clarity of demonstration in this book. well-being Well-written, accessible summary of research on promoting happiness & I can see it being beneficial to anyone seeking to cultivate their own well-getting, but also an excellent resource for, say, somebody wanting to work work-shops or programs in schools, schools or graduate applications, to help young people build abilities for living. Readable and comprehensive, an excellent resource This small book pulls together the "cream of the crop" of current research in positive psychology, the science of pleasure, and practices to cultivate well-becoming, and presents them in a format that is easy to read and an easy task to implement. Very content and will maintain using it. It was reassuring to understand how happiness can considerably benefit our health, our associations, and our job overall performance, etc. Four Stars Good book, has some good stories and principles Five Stars I REALLY LIKE THE BOOK! well-being.



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