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The Happiness Solution Finding Joy And Meaning In An Upside Down World

By Ph. D.

Goodman Beck Publishing. Paperback. Book Condition: New. Perfect Paperback. 214 pages. Dimensions: 8.8in. x 5.9in. x 0.9in. The Happiness Solution: Finding Joy And Meaning In An Upside Down World is a fascinating collection of parable-like stories, myths, and anecdotes. Dr. Gettis draws upon his 40 years of clinical experience as a psychologist and combines that with the latest research on the science of happiness. The result is markedly influenced by Dr. Gettis passionate involvement with eastern philosophy in general and Zen in particular. The book is written in a down-to-earth, non-pedantic style, that makes it easy to read and digest despite dealing with complex human issues. It combines Zen wisdom, cognitive behavioral therapy, spirituality, and the new paradigm of positive psychology. The Happiness Solution won the Best Mental HealthPsychology Book Award from USA Book News. It was also selected as one of the Top Ten Books Of The Year by The Best You Can Be Foundation. The book confronts our societal notions of what brings us true happiness. The answers may surprise you. It turns out that power, fame, fortune, prestige, possessions, and intelligence level are not the ultimate answers. You cant buy integrity, love, self-esteem, and peace of mind at...



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