



Be Happy: Release the Power of Happiness in You

By Robert Holden

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Be Happy: Release the Power of Happiness in You, Robert Holden, Scientifically tested and proven, Robert Holden's training to improve wellbeing and mental health is finally available in this workbook of 50 principles and exercises to radically change a negative thought pattern to a positive mindset. Encapsulating Dr. Holden's world famous techniques, this book shows you how to stop chasing happiness and start enjoying your life as it happens, create a happiness contract to undo mental and emotional blocks to happiness and success, learn to forgive old mistakes, accept the past cannot be changed and focus on being happy now, and use the power of happiness to bless your life and benefit others.



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Reviews

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-- **Leopold Schmidt**

The ebook is great and fantastic. We have read and i also am sure that i am going to likely to go through once again down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Erica Turcotte**