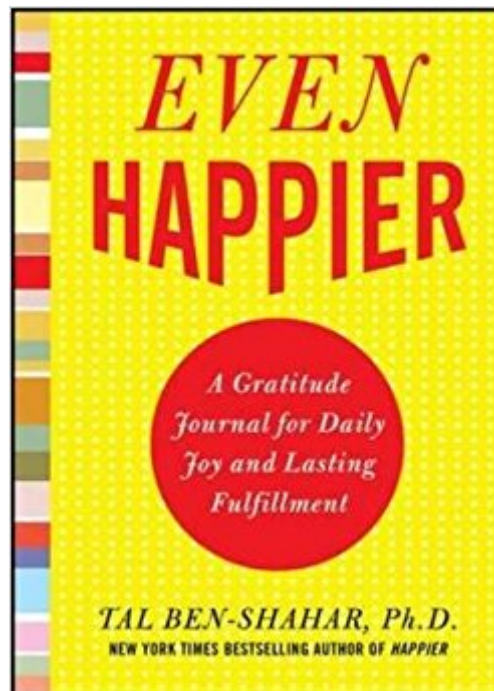




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# Even Happier: A Gratitude Journal For Daily Joy And Lasting Fulfillment (NTC Self-Help)



## Synopsis

Learn to be Happier. Week by Week. In this week-by-week guided journal, Tal Ben-Shahar offers a full year's worth of exercises to inspire happiness every day. Using the groundbreaking principles of positive psychology that he taught in his wildly popular course at Harvard University and that inspired his worldwide bestseller *Happier*, Ben-Shahar has designed a series of tools and techniques to enable us all to find more pleasure and meaning in our lives. 52 weeks of new exercises, meditations, and "time-ins" • A journal to record your thoughts, feelings, and personal growth Life-changing insights of philosophers, psychologists, artists, writers, scientists, and successful entrepreneurs This is no ordinary self-help book that you read and toss aside. It's a complete, user-driven journal filled with proactive challenges, thoughtprovoking questions, and "time-ins" that allow you to pause and reflect. You can engage in these activities every day to stimulate your creativity, enhance your sense of empowerment, enrich the quality of your life, and, yes, feel Even Happier.

## Book Information

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## Customer Reviews

Tal Ben-Shahar is the New York Times Bestselling author of *Happier*. He taught the most popular course in Harvard and is currently writing, consulting, and lecturing worldwide on positive psychology and leadership. He holds his Ph.D. in Organizational Behavior and BA in Philosophy and Psychology from Harvard.

I read Happier in 2007, and it was a life-changer. The description on the journal's cover said that it is a journal for 'daily' joy. Unfortunately, this is a 'weekly' journal. You read a weekly lesson, write about your gratitude for the week, and complete an exercise relating to the week's lesson. I like it, but I was looking for something that was daily. It's still a great complement to Happier.

I suggest this to anyone, ready to take action for feeling better about life, happy is a verb not a noun.

Great for personal use but if you are stuck looking for a unique gift for someone, this is the perfect idea. It is user friendly and interactive since you can write it in. Very easy to read and enjoyable!

The next chapter in happy!

I really enjoy the activities in this book. They all have brief, but interesting introductions that include scientific research. I have used this for myself and at my job as a therapy aid.

I have to work to be happy. This year my youngest son died, then not 6 weeks later my father died. My mother followed 5 months later. My husband and I share the lessons so that we can focus on what is good in life and what we can still look forward to even after such a year of sorrow.

This is very well written book by Tal Ben-Shahar. The author explains the happiness concept in all aspect of life and provides step to achieve it. Highly recommended.

I like it, but I just don't have time to put into this. Well, maybe that's why I'm not happier!

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