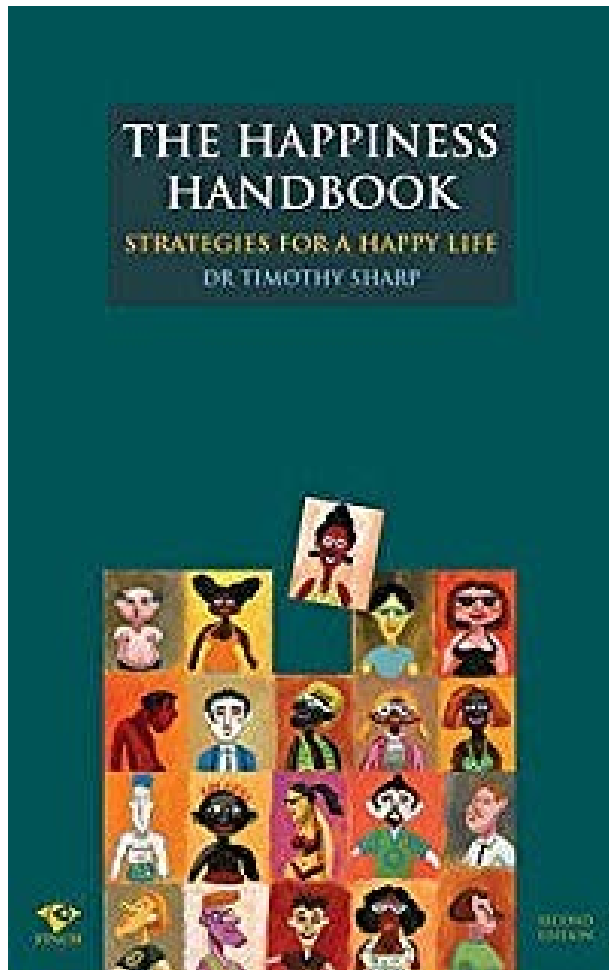


# The Happiness Handbook



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Happiness is something you choose to be, and this guide will help you make the right decisions to lead you towards a happier life. Since the 1990s, clinical psychologist Dr. Timothy Sharp has been helping people to become happier. As the founder of The Happiness Institute in Australia and consultant to numerous large organizations, as well as hundreds of individual clients and families, Sharp has developed a range of simple but effective plans designed to increase happiness levels. In this updated addition of The Happiness Handbook, Sharp incorporates findings from the latest in positive psychology research on issues including lowering stress levels, developing meaningful and nourishing relationships, developing better sleep patterns, weight management through The Happiness Diet, how to increase "happy" thoughts, and how to become happy right now. The Happiness Handbook is fast becoming a classic in the world of positive psychology, and is a practical and easy-to-read guide for changing your life for the better.