



## Get Happy!

By Anthony Gunn

Hardie Grant Books. Hardback. Book Condition: new. BRAND NEW, Get Happy!, Anthony Gunn, When did you last give someone a heartfelt compliment? Do you take time to count your blessings? By showing how to reflect on yourself and your surroundings in new ways, Get Happy will help you to reveal the bigger picture. These practical, simple tips will motivate you to find your way to happiness that lingers. The author, psychologist Anthony Gunn, draws on his experience to bring together quotes from international thinkers and inspirational tips to illuminate the path to happiness. A sample from the book: Finding happiness in discomfort If habituation causes us to get used to things quickly, what is the answer to finding lasting happiness? Research shows that variety is the best defence against habituation. A good way to achieve this is by stepping out of comfort zones, such as trying a new sport, meeting new people, going to new places, learning new skills, or furthering your education. Every time you step out of a comfort zone, you're forced to grow as a person. Make yourself the focus of change instead of changing objects around you and watch your happiness soar. 'Nothing builds self-esteem and...



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