



Complete Guide to Being Happier (EBOOK BUNDLE)

Tal Ben-Shahar

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Two books in *one eBook package!*

The **BESTSELLING** guide to true happiness combined with **HANDS-ON EXERCISES** to making it stick—every day

Can you *learn* to be happy?

YES . . . according Tal Ben-Shahar, bestselling author and the teacher of Harvard University’s most popular and life-changing course. One out of every five Harvard students has lined up to hear Ben-Shahar’s insightful and inspiring lectures on that simple but ever-elusive state of mind and emotion: *happiness*.

The Complete Guide to Being Happier combines Ben-Shahar’s philosophy and techniques with his hands-on regimen for actually *working at* becoming happier. This life-changing eBook package includes:

***Happier*—GLOBAL BESTSELLER!**

Grounded in the revolutionary “positive psychology” movement, *Happier* combines scientific studies, scholarly research, self-help advice, and spiritual enlightenment. Ben-Shahar weaves them together into a set of principles you can apply to your daily life. Once you open your heart and mind to *Happier* thoughts, you will feel more fulfilled, more connected . . . and, yes, **HAPPIER**.

“Dr. Ben-Shahar, one of the most popular teachers in Harvard’s recent history, has written a personal, informed, and highly enjoyable primer on how to become happier. It would be wise to take his advice.”
—**Ellen J. Langer, author of *Mindfulness* and *On Becoming an Artist***

Even Happier

In this week-by-week guided journal, Tal Ben-Shahar offers a full year's worth of exercises to inspire happiness every day. It’s packed with tools and techniques to help you find more pleasure and meaning in your life, including:

- 52 weeks of 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

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