



The 8 Secrets of Happiness

Martin Robinson, Paul Griffiths

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We are surrounded by innumerable products promising to make us more attractive, more healthy, more popular and more successful. But somehow, it's not quite enough - there's more to happiness than having a great job, designer clothes, a busy social life or a fat bank balance. This book guides you through the 8 secrets which psychologists have discovered to be the foundations of happiness, revealing a hidden dimension they all share. In an age of unprecedented wealth, coupled with unprecedented unhappiness and even depression, this book is a timely wake-up call.

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