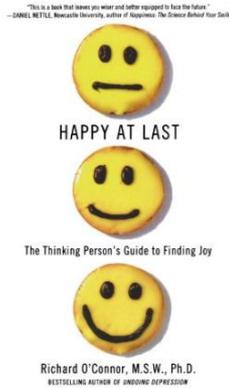


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HAPPY AT LAST: THE THINKING PERSON'S GUIDE TO FINDING JOY



St Martin's Press. Paperback / softback. Book Condition: new. BRAND NEW, Happy at Last: The Thinking Person's Guide to Finding Joy, Richard O'Connor, Happiness has been written about by everyone from the Dalai Lama ("The Art of Happiness") to Daniel Gilbert ("Stumbling on Happiness"), but in "Happy At Last "Richard O'Connor takes a fresh look at what happiness is, why we are happy (or not) and how we can stay happy. How? He says we can rewire our brain to...

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