



Nudge Your Way to Happiness: The 30 Day Workbook for a Happier You (Paperback)

By Jon Cousins

Createspace, United States, 2016. Paperback. Condition: New. Language: N/A. Brand New Book ***** Print on Demand *****. Jon Cousins learned the hard way that getting help for a mental health problem isn't easy. After failing to get proper support, he ended up using his creativity to devise a unique and innovative way of measuring and then improving his mood. Now he's distilled that approach into this highly original 30 day workbook whose approach has been proved in a pilot test. For each of its 30 days you'll be asked to rate your wellbeing with a short test, giving you a score you can plot on a graph at the back of the book. Then, based on your current level of wellbeing, you'll be directed to a nudge - a simple, practical action designed to gently raise your happiness level. Recovery after a period of feeling bad is often a gradual process, so a little and often technique is best. Since you're measuring and recording your progress, you'll learn which of the book's dozens of happiness tips work best, enabling you to use them long after finishing the book. *****...



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