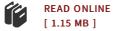




## Nudge Your Way to Happiness: The 30 Day Workbook for a Happier You (Paperback)

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 II 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 II 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 II learn which of the book s dozens of happiness tips work best, enabling you to use them long after finishing the book. \*\*\*\*\*...



## Reviews

Unquestionably, this is actually the finest operate by any publisher. I have study and i also am confident that i am going to planning to go through once more yet again in the foreseeable future. I realized this pdf from my i and dad recommended this book to understand. -- Gus Kilback

Basically no words to explain. I actually have study and that i am sure that i will gonna read once more again down the road. You are going to like just how the blogger publish this pdf.

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