



Little Book Of Happiness

Patrick Whiteside

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In just 96 pages, this incredible little book holds all you need to know in order to find happiness. From an author who is highly trained in the workings of our minds. THE LITTLE BOOK OF HAPPINESS has page after page of direct suggestions on how to search for, and enjoy, this sometimes elusive state. For example: 'Do not expect to feel happiness all the time. It comes and goes. Let it come. Let it go. ' ``Ask yourself, as often as you like, as often as you remember: ``Am I happy?'' If the answer is ``Yes'', enjoy the moment. ' 'Learn to dwell in the present - and you will enjoy the contentment and serenity always'

Full of wisdom and practical tips on how to be happy, this is a book to return to again and again: at home in the office, on the bus - whenever you have a small spare moment.

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