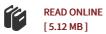




50 Self-Help Classics: Your shortcut to the most important ideas on happiness and fulfilment (Paperback)

By Tom Butler-Bowdon

Hodder Stoughton General Division, United Kingdom, 2017. Paperback. Condition: New. New, Updated. Language: English . Brand New Book. A tremendous resource . . . affirms and inspires Stephen R. Covey, author of The 7 Habits of Highly Effective People An exceptional and diverse collection Ellen Langer, Professor of Psychology, Harvard UniversityThousands of books have been written offering the secrets to personal fulfilment and happiness. But which are the all-time classics? Which ones really can change your life? This is the brand new, updated edition of the only book to distill the classic, life-changing texts on happiness and fulfilment. Bringing you the essential ideas, insights and techniques from 50 legendary works, from Feel the Fear and Do It Anyway to the teachings of the Buddha to Marie Kondo, 50 Self-Help Classics is a unique guide to the great works of life transformation. New chapters include The Life-Changing Magic of Tidying, Brene Brown s Daring Greatly and Charles Duhigg s The Power of Habit.



Reviews

I actually began looking at this pdf. It is actually rally interesting throgh reading time period. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you ask me).

-- Brayan Mohr Sr.

A superior quality publication along with the font used was fascinating to learn. I have read through and i also am certain that i am going to go through yet again again in the future. Your life period will likely be enhance the instant you total reading this publication.

-- Donnie Rice