



## 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.

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