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why being happy matters pdf

Describes the new book by author Peter Jennings, "The Power of Happiness: How to Get Happy in Unhappy Times". Explains what readers will discover in the book.

Why Being Happy Matters

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“Why Being Happy Matters” presents interviews with 37 people in Canada, the U.S., Asia, Europe and Australia, each of whom reveal to the author what happiness ...

"Why Being Happy Matters: Discover How The Power Of Joy

"Why Being Happy Matters" is a game changer: a compelling book that presents author Peter Jennings showcasing 37 inspirational people from Canada, the U.S., Europe, Asia and Australia. Each shares with Jennings what happiness means to them, how it improves their outlook, adds value to their days and enhances their peace of mind.

Why Being Happy Matters by Peter Jennings | BookLife

The more talks I give about being happy, the more I realize that the why is even more important than the what and the how. Almost everyone I talk to already knows ...

Why Being Happy Matters - In Pursuit of Happiness

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Wellbeing Why it matters to health policy

Why does happiness matter? Being happy is not just about feeling good. ... That’s why it matters so much.

