

## The 7 Secrets of Happiness: An Optimist's Journey



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### ***Reviews***

*This book will never be easy to start on reading but quite exciting to see. It is actually rally intriguing throgh looking at period of time. Your daily life span will be convert once you total looking over this book.*

***(Torrance Vandervort)***

## THE 7 SECRETS OF HAPPINESS: AN OPTIMIST'S JOURNEY



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Short Books Ltd. Paperback. Book Condition: new. BRAND NEW, The 7 Secrets of Happiness: An Optimist's Journey, Gyles Brandreth, Marvellous, brilliant, wonderful, best thing I've ever heard, transformational.' Grace Surman. That was the response from a total stranger when Gyles Brandreth delivered the Happiness Lecture at Birmingham University in June 2013. Someone else in the thousand-strong audience tweeted: 'The 7 Secrets of Happiness are amazing. Thank you Gyles Brandreth, wherever you are.' Well, Gyles Brandreth is here now with those 7 Secrets of Happiness. The secrets are simple rules, easy to remember, but challenging to achieve. Gyles Brandreth found them when he set out on a journey looking for happiness and ended up in the psychiatrist's chair - with Dr Anthony Clare. What is happiness? Who gets to be happy? And how? These are the big questions that Gyles Brandreth aims to answer in this little book. Research (from Manchester University and University College, London) shows that happy people live up to ten years longer than unhappy people. This is a book that won't simply enhance your life: it will extend it.



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