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self-compassion,
optimism and
connection - are
masterfully presented
with fresh ideas and
insight. 35 easy-to-
implement exercises
increase awareness to
achieve lasting change
to your life.

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by Jonah Paquette, PsyD, resonates more with Resources for

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than anything I've come across in a long time. It's a gem of a book, engagingly written, delightfully easy to read, superbly well-organized, and wonderfully specific and practical.

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gratitude, kindness,
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Research has shown
that basing your
decisions on several
imperatives will increase
your happiness. In this
second part in our series
on happiness (see part
one here), we present 5
clear paths to bring
more joy and positivity

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to your life. 1. Seek
pleasure within limits.
Real, lasting happiness
doesn't come by
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long time its a gem of a
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Real Happiness: Proven

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Paths for Contentment,
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book about happiness.
Use the 35 exercises he
outlines in the book to
increase your happiness
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[Jonah Paquette; Amy

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