



The 7 Secrets of Happiness: An Optimist's Journey

By Gyles Brandreth

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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Reviews

Simply no words to explain. It really is basic but shocks from the fifty percent of the ebook. I am just happy to explain how this is the finest pdf we have read within my personal life and could be the best ebook for possibly.

-- **Blair Monahan**

A must buy book if you need to adding benefit. This really is for all those who statte that there had not been a really worth looking at. Your daily life period will likely be change when you complete reading this publication.

-- **Veronica Hauck DVM**