Happiness: How to get into the habit of being happy

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By Gill Hasson

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“We all think of happiness as something positive; something good that we want to feel and be. But is it realistic to think we can be happy all the time?”

We may all have different abilities, interests and lifestyles, but there’s one thing that we all have in common; we all want to be happy.

In her latest book, Happiness: How to Get into the Habit of Being Happy, personal development expert Gill Hasson helps readers to understand what ‘happiness’ really is and discover what it means for them, so they can live a more meaningful, more pleasurable life.

The book shows that happiness is a skill made up of a particular set of habits that readers can bring to their life, starting immediately. Containing simple exercises to help the reader take charge and live happily, it is packed with insightful guidance and real-world advice. Happiness explains how to:

- Dig deep to discover what your version of happiness looks like
- Plot your course towards a happy, meaningful life
- Broaden your experience and stretch your abilities
- Notice the small pleasures and everyday joy all around you
- Find happiness in tough times, and help others do the same

Happiness doesn't happen by chance, and it doesn't happen to you; it's an active decision you make every day. Happiness equips readers with the skills, knowledge and perspective needed to manage life’s inevitable ups and downs and maintain a happy life – no matter what may come.

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Happiness by Gill Hasson will be available wherever books and ebooks are sold, priced £9.99.

About the author:

Gill Hasson is a careers coach with over 20 years’ experience in the areas of personal & career development. She is also a teacher for mental health organisations, and delivers training for adult education organizations, voluntary and business organizations and the public sector. She is the bestselling author of a number of books on personal wellbeing, including Mindfulness, Mindfulness Pocketbook, How To Deal With Difficult People, Emotional Intelligence, Emotional Intelligence Pocketbook, Overcoming Anxiety, Confidence Pocketbook, Positive Thinking, Declutter Your Life and Kindness.