



## The Happiness Habit: Official Coaching Handbook of the Irish Institute of NLP

By Brian Colbert

Gill & Macmillan Ltd. Paperback. Book Condition: new. BRAND NEW, The Happiness Habit: Official Coaching Handbook of the Irish Institute of NLP, Brian Colbert, Whatever you want from life, this book will have a benefit for you. A key element to finding happiness is understanding what your (often unconscious) basic drives are and ensuring that these are being satisfied. Brian Colbert addresses the core questions that will help you discover who you really are. In this book he will teach you how to get past what's stopping you from reaching your true potential and how to bring about lasting happiness into your life. Many of us think that in order to change, we need therapy. This is not always the case-you may just need this book. Using a series of powerful mind exercises, The Happiness Habit shows you: \* how to improve your relationship with yourself (and others) \* how to build your confidence and stay positive \* how to face adversity and overcome challenges \* how to live a happier and more fulfilling life Research is increasingly proving that traditional methods of exploring negative experiences from your past doesn't necessarily help you to move forward. The exercises in this...



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