



The 7 Secrets of Happiness: A Reluctant Optimist's Journey

By Gyles Brandreth

Open Road Media, United States, 2014. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book. Lovable British comedian Gyles Brandreth's look at the pursuit of happiness and why it matters refreshingly free of wishy-washy, feel-good mumbo-jumbo and full of straightforward, down-to-earth guidance. On June 17, 2013, Gyles Brandreth delivered the Baggs Memorial Lecture at the University of Birmingham an annual conference on the theme of happiness and how it can be achieved. His speech was met with thunderous applause and a widespread demand to know more about the secrets of being happy, so he set about writing this poignant book of truths, sprinkled with British wit and humor throughout. With extensive research backing him, Brandreth travels the world over and meets numerous luminary figures, asking the questions: What is happiness? Who gets to be happy? For the queen of Denmark, it is finding happiness in routine; for Sheikh Raschid al Maktoum, it is the certainty of being confident in yourself when others doubt you; for Rod Stewart, it is taking pleasure in the simple things. Through fascinating anecdotes by the likes of Archbishop Desmond Tutu and renowned psychiatrist Dr. Anthony Clare, Brandreth explains why...



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Reviews

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-- **Donnie Rice**

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Rebellion, United Kingdom, 2015. Paperback. Book Condition: New. Not for Online. 198 x 130 mm. Language: English . Brand New Book. Fifteen years have passed since Mother Sun last sent her children to walk the world. When the eclipse comes, the people...



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Eebo Editions, Proquest, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved and previously accessible...



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Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There s a new resident at the Magical Animal Adoption Agency-but this one hasn t hatched yet! Mr. Jams brought home...



Boost Your Child s Creativity: Teach Yourself 2010

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...



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