



Date : 10/02/2022

Pages : 126

Format cm : 16 x 22

Prix : 14.95

EAN : 9782412077207

Be Happy in 41 Minutes!

The 7 Pillars of Happiness

Author: Géraud Guillet

Publisher : First

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Wisdom - Personal growth - Self-love

Élodie Gachot, Rights Executive

"The last few hectic years have driven us to rethink our lives. Looking for answers, I binge-read this book in under 41 minutes, finding several keys to helping me achieve my true goals."

This book will help everyone seeking or trying to rediscover the path to happiness. How? By using the 7 universal pillars on which each human being can rely to see life from the perspective of joy: Purpose, Truth, Strategy, Love, Body & Spirit, Trust, and Giving. With its stories of extraordinary lives, memorable firsthand accounts, and many allusions to literature, philosophy, and film, this book offers a unique experience. Dive into a process that will help you distinguish what feeds your misery and what is vital to your happiness. Upon completion, you will be invited to view life through the prism of joy, using these 7 indestructible pillars. A simple yet innovative approach.

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