



Happiness Now: Timeless Wisdom for Feeling Good Fast

By Robert Holden

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Happiness NOW! is a truly powerful and radical exploration of one of life's most treasured goals. Packed with rich insights and practical wisdom, it offers a message of profound hope and healing for a generation that is often too busy chasing happiness to be truly happy. Robert Holden, PhD, presents a personal, warm and entertaining account of how he developed his pioneering work with The Happiness Project.

Using a highly creative mix of stories, exercises, meditations, poetry and prayer, Robert shares his distinctive philosophy and practice of 'the how of happiness'. Visionary and practical, challenging and compassionate, *Happiness NOW!* gives you valuable keys to true self-acceptance, everyday abundance, loving relationships, inner success and lasting joy – starting NOW!

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Happiness Now: Timeless Wisdom for Feeling Good Fast By Robert Holden Bibliography

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Editorial Review

Review

Britain's foremost expert on happiness. The Daily Mail Robert is a gifted teacher. His work transforms lives. Deepak Chopra

About the Author

Robert Holden trained in psychology before starting his Stressbuster Clinics with the NHS. Their incredible success was only outweighed by the Laughter Clinics which, as well as the general public, now attract over 2000 health professionals every year. Robert now also heads the Deep & Meaningful Training Co. which runs tailor-made programmes for industry. He is always in demand for speaking and workshop engagements and is an ever-popular figure with the media.

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