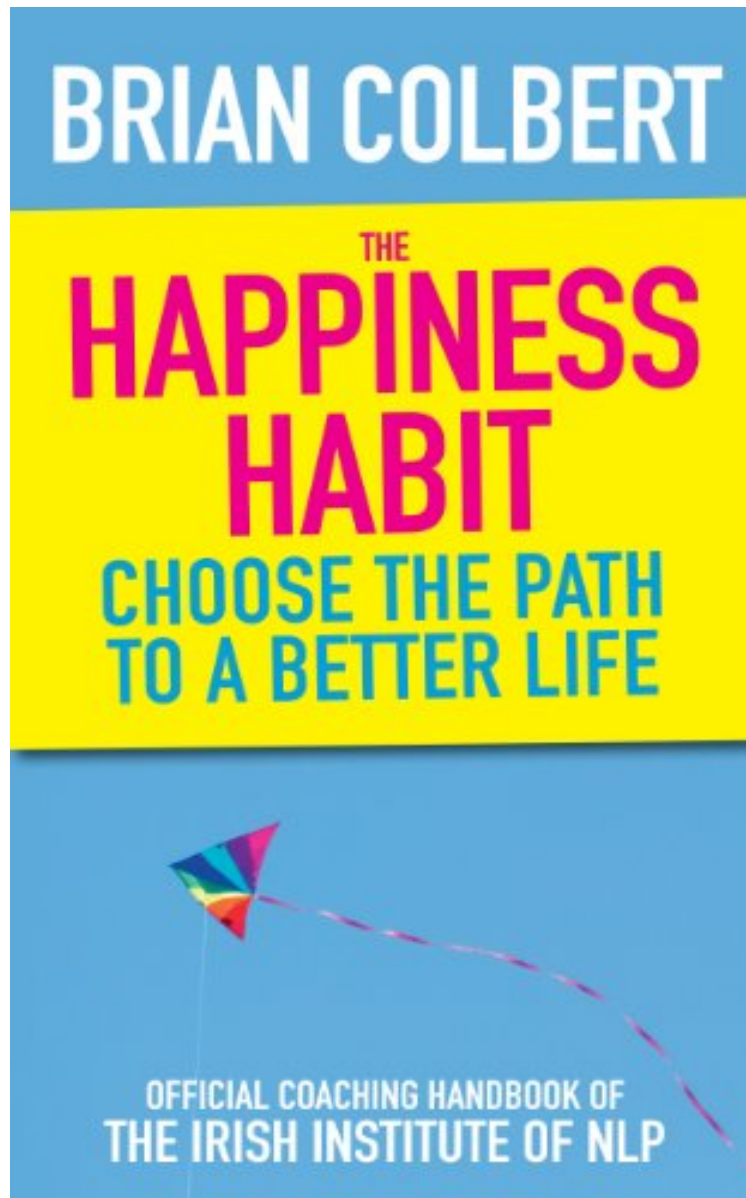


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The Happiness Habit: Choose the Path to a Better Life

Brian Colbert

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NLP becoming more well known and becoming more of an acceptable and widely used tool with both professionals and for personal use there is an influx of books claiming to be able to change your life. This book is different, it doesn't claim to change your life but it does claim to change your attitude towards life, ultimately resulting in a happier, less stressful, more enjoyable one. Not a bad outcome really is it? Like the cover says, "Choose the Path to a better life". That is a crucial point as the fact of the matter is it's your individual choice whether you are going to be happy or not and this book gives you the tools to do so. In easy to follow language and with some fun and sometimes tough exercises this book will challenge your current values and make you evaluate what's really important to you and also what thought processes are working for you and what ones are not. This book is not just a cheap read, it is a workbook to a happier you. A book you will want to share with your loved ones, one you will cherish and pick up several times to review. It is a treasure chest of knowledge, advice and some really funny anecdotes. The free CD is also an added little bonus. It is there to enhance the skills you learn in the book and makes for a lovely relaxing listen. I can't speak more highly of *The Happiness Habit*. I have been walking on a little cloud ever since reading it and I truly believe the techniques I've learned will be a permanent part of my life from here on in. I have recommended it to everyone I know and I recommend it to you too. If you want better relationships with others and yourself, if you want to be more positive, more confident, more happy then this book is definitely for you! An excellent book! 4 of 4 people found the following review helpful. **A POWERFUL, EMPOWERING MUST READ!!!** By Darlene K. *The Happiness Habit* is a positively life altering experience! It is rare that a book comes along that not only delivers on what it is said to offer but surpasses the readers expectations, this is such a book. Unlike other books in this genre *The Happiness Habit* is not temporary band aid pep talk, it is an action oriented plan for success! Brian Colbert shows you how to remove the roadblocks that hinder happiness by providing you with the tools needed to enact real change in your life. Through easy to follow exercises Brian Colbert skillfully guides you through the development of a successful personalized plan of action that will enable you to reach the achievement of happiness you desire. In reading *The Happiness Habit* you will discover that there is absolutely no reason to resign yourself to accepting a lack of personal happiness in any realm as being your lot in life. You have choice, and the ability to positively alter your life, and Brian Colbert shows you the way to make it happen...If you are ready to make powerful positive changes in your life choose *The Happiness Habit* and begin! I'm so very happy that I did!

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 book will help you train your brain to replace constant self-criticism and depreciation with more useful ways of thinking. Brian will teach you the skills, ability, direction and focus to develop the habit of happiness. Together with the free mind programming CD, this book gives you all the tools you need to lead a happier life.

About the Author Brian Colbert is a motivational speaker and is regarded as one of the most prominent and successful mind coaches in Ireland today. Despite several years background and qualifications in the Social Sciences and over 20 years' experience in Industrial Relations and Personnel Management, Brian credits most of his success to his use of NLP. He is a licensed Master Trainer of NLP and co-founder with Owen Fitzpatrick of the Irish Institute of NLP. Brian features regularly on Irish television, radio and newspapers. Brian lives in Dublin. His bestselling book *The Happiness Habit* is the official coaching handbook of the Irish Institute of NLP.