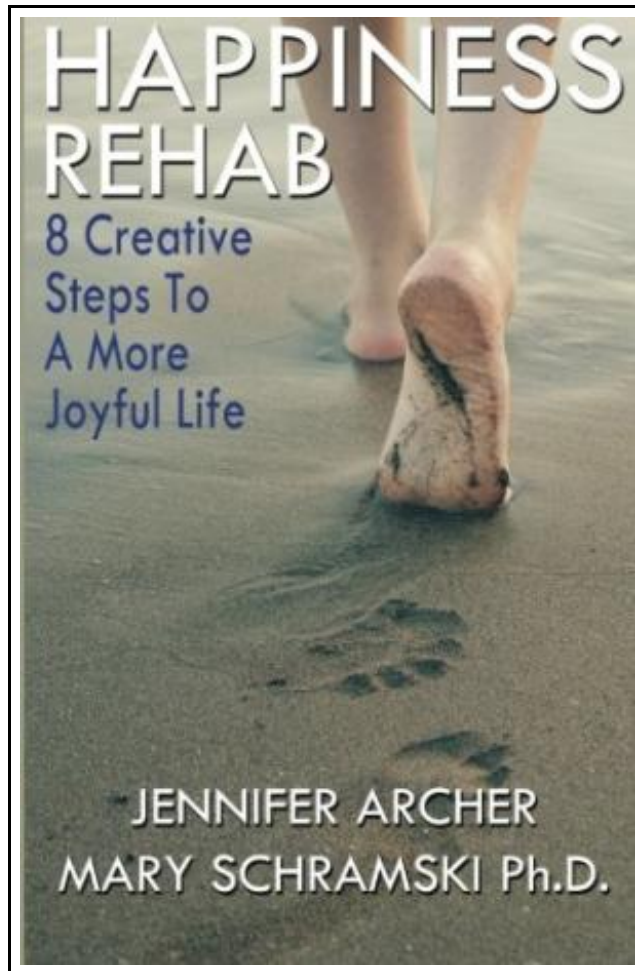


Happiness Rehab: 8 Creative Steps to a More Joyful Life (Paperback)



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Reviews

This is basically the best publication i have got read through right up until now. Sure, it really is perform, still an amazing and interesting literature. Your life span will probably be convert once you full reading this article ebook.

(Dr. Irma Welch)

HAPPINESS REHAB: 8 CREATIVE STEPS TO A MORE JOYFUL LIFE (PAPERBACK)



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Jennifer Archer, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Maybe you ve asked yourself: Where can I find happiness? Or perhaps you ve wondered: How can I be more creative? What if the answer to both questions is intertwined? What if happiness awaits you if you choose to be creative? What if you discover a creative passion that forever changes your life for the better? In *Happiness Rehab: 8 Creative Steps to a More Joyful Life*, experts Jennifer Archer and Mary Schramski guide readers through an innovative yet practical workshop to discover their creativity/happiness connection. This fun and challenging program asks participants to trust in their innate ability to reclaim their childhood imagination, curiosity and enthusiasm for life, and answers the questions: What is innovation? Can it help me find happiness? Artists, writers and virtually anyone wanting to tap into their imaginative power will benefit from this step-by-step journey toward inspired fulfillment: Step 1: Understanding How the Creative Mind Works Step 2: Reconnecting With Your Creativity Step 3: Reengaging With Your Happy, Creative World Step 4: Deepening Your Creative Happiness Step 5: Group Creativity Step 6: Conquering Creative Challenges Step 7: Creativity When Crisis Strikes Step 8: Continuing Your Creative Life.



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