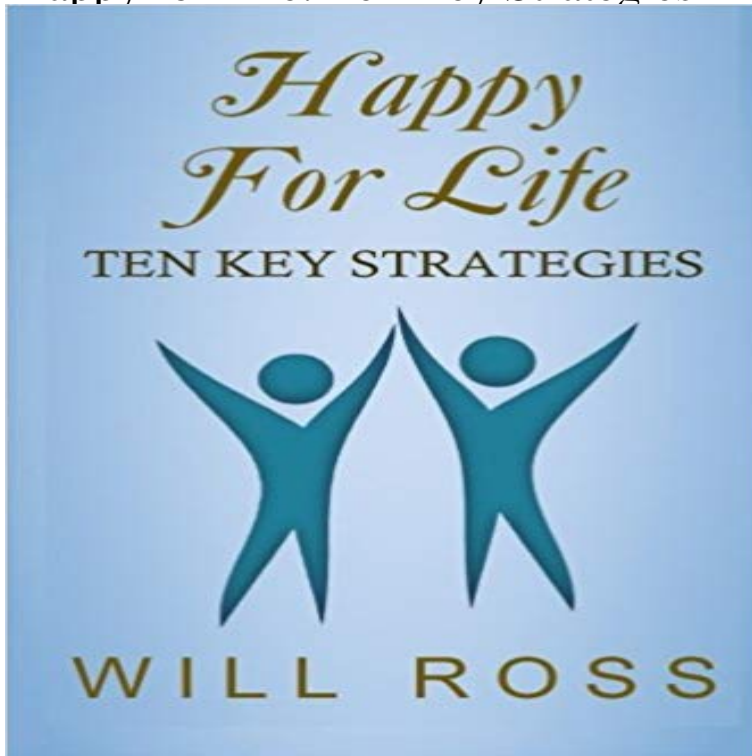


Happy for Life: Ten Key Strategies



You can be happy for life! If you'd like to lead an ethical, joyful, and rewarding life but don't know where to start, then the 10 key strategies outlined in *Happy for Life* will show you the way. Based on Rational Emotive Behavior Therapy (REBT), the ten techniques and strategies you'll learn in *Happy for Life* will help you feel better; you'll spend less time feeling depressed, angry, and anxious, giving you more time to enjoy with your friends, lovers, and family. You'll do more with your life, setting and reaching goals to gain a greater sense of contentment. Here's what this book can do for you: You'll learn to help yourself with a proven, evidence-based, self-help method that emphasizes the use of your own reasoning power to achieve personal control and growth. You'll learn to look at yourself and others with greater understanding. You'll develop wisdom that will astound others. You'll approach life's challenges calmly, courageously, and compassionately.

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employees), The key is creating a work environment that releases discretionary effort in the whole organization. . plans and 13 of the top 15 pharma and life sciences companies.