



The Happiness Recipe: A Therapist's Journey of Self-Discovery, Healing and Happiness

Cindy C. Baker

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We all yearn to be healthier, happier, and more peaceful. We long to feel connected and to have value and purpose. Many times, these deep desires appear beyond our grasp. We experience painful breakups and stress-related illnesses, and we feel lost. In this book, the author describes her lifelong journey of self-exploration and how she has worked through various challenges while maintaining happiness throughout different phases of her life. Happiness is a skill set that anyone can learn and apply to have the life they truly desire and deserve. The recipe for happiness is a blend of practical life tips that will help you transform your life and manifest your dreams.

The Happiness Recipe: A Therapist's Journey of Self-Discovery, Healing and Happiness Details

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Mel says

Great book written with honesty from the author. Helpful tips and quotes are inspirational throughout the book. I enjoyed Cindy's journey and it made me think differently about deaths and situations I have lived through. Would recommend to anyone looking to view life from another angle. I won this book in a goodreads giveaway thank you!

Lavender says

Placeholder

I won this book via Goodreads Giveaways.

Lorrie Tabar says

Very easy to follow, and love that this therapist shares her own personal struggles and insights into how to be happy. She has written this so that anyone can understand how to be happier - and it has nothing to do with what we normally associate with happiness. Great quotes in here too...really inspiring. I'm giving these out as gifts to everyone in my life so they can learn these tips too!
