



## Even Happier: A Gratitude Journal for Daily Joy and Lasting Fulfillment

*Tal Ben-Shahar*

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**Learn to be Happier. Week by Week.**

In this week-by-week guided journal, Tal Ben-Shahar offers a full year's worth of exercises to inspire happiness every day. Using the groundbreaking principles of positive psychology that he taught in his wildly popular course at Harvard University and that inspired his worldwide bestseller *Happier*, Ben-Shahar has designed a series of tools and techniques to enable us all to find more pleasure and meaning in our lives.

**52 weeks of new exercises, meditations, and “time-ins”**

A journal to record your thoughts, feelings, and personal growth

Life-changing insights of philosophers, psychologists, artists, writers, scientists, and successful entrepreneurs

This is no ordinary self-help book that you read and toss aside. It's a complete, user-driven journal filled with proactive challenges, thoughtprovoking questions, and “time-ins” that allow you to pause and reflect. You can engage in these activities every day to stimulate your creativity, enhance your sense of empowerment, enrich the quality of your life, and, yes, feel Even Happier.



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