

# The Lost Art Of Being Happy Spirituality For Sceptics

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comments on this book professor lord layard fba (director, well being programme, lse) said: "this is a wonderfully wise book on how we can train our minds to be happy.

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in the lost art of being happy, ... the skills of happy people, which have been repeatedly lost in our ... art of being happy: spirituality for sceptics

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the lost art of being happy: spirituality for sceptics by tony wilkinson findhorn press | december 1, 2007 | english | isbn: 1844091163 | 302 pages | pdf | 6 mb ...

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