



Live Happier The Ultimate Life Skill

Barrie Hopson

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'Happiness' is suddenly on everyone's lips - even politician's! But it has been the eternal quest of every generation since the first human beings. How to find it, how to keep it, how to help others find it. People have sought happiness through wealth, power, success, travel, love and passion, security, adventure, beauty - indeed every aspect of life. All that energy and experience has proved that there are no easy answers, no magic formulas. But what we do have now, to accompany the wisdom of the ages, is modern, scientific evidence from Positive Psychology. We now do have the answers to the questions: "How achievable is happiness? " "What are the components of happier living? " "What are the strengths, attitudes and skills of those who live happy, creative, flourishing lives? "How can we live happier? We offer these and more in this book.

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