



Happiness Rehab: 8 Creative Steps to a More Joyful Life (Paperback)

By Ph D Mary Schramski, Jennifer Archer

Jennifer Archer, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Maybe you've asked yourself: Where can I find happiness? Or perhaps you've wondered: How can I be more creative? What if the answer to both questions is intertwined? What if happiness awaits you if you choose to be creative? What if you discover a creative passion that forever changes your life for the better? In Happiness Rehab: 8 Creative Steps to a More Joyful Life, experts Jennifer Archer and Mary Schramski guide readers through an innovative yet practical workshop to discover their creativity/happiness connection. This fun and challenging program asks participants to trust in their innate ability to reclaim their childhood imagination, curiosity and enthusiasm for life, and answers the questions: What is innovation? Can it help me find happiness? Artists, writers and virtually anyone wanting to tap into their imaginative power will benefit from this step-by-step journey toward inspired fulfillment: Step 1: Understanding How the Creative Mind Works Step 2: Reconnecting With Your Creativity Step 3: Reengaging With Your Happy, Creative World Step 4: Deepening Your Creative Happiness Step 5: Group Creativity Step 6:...



READ ONLINE
[6.66 MB]

Reviews

Good eBook and useful one. It is amongst the most remarkable ebook i actually have study. You can expect to like the way the article writer publish this pdf.

-- Prof. Armand Senger DVM

Absolutely essential go through book. It can be rally fascinating throug studying period of time. You wont truly feel monotony at at any time of your respective time (that's what catalogues are for concerning in the event you question me).

-- Roberto Leannon