



## The Happiness Plan: Simple steps to a happier life

*Carmel McConnell*

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The pursuit of happiness is the biggest goal of all, but finding happiness isn't easy and life often gets in the way. Happiness doesn't just happen, people need a clearer vision of attainable happiness, defined in simple terms - people need a plan.

*The Happiness Plan* is therefore well timed. It offers an accessible set of simple observations about how any individual can be happier, here and now, by choice, self-awareness and practice. By asking provocative questions, McConnell involves the reader in a process of defining happiness according to his or her own values.

This book strongly advocates an approach to greater happiness here and now, without leaving the day job, switching the family to the coast or becoming impoverished. *The Happiness Plan* is written for hard working, time poor people, helping them to make some real changes with the right ideas



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