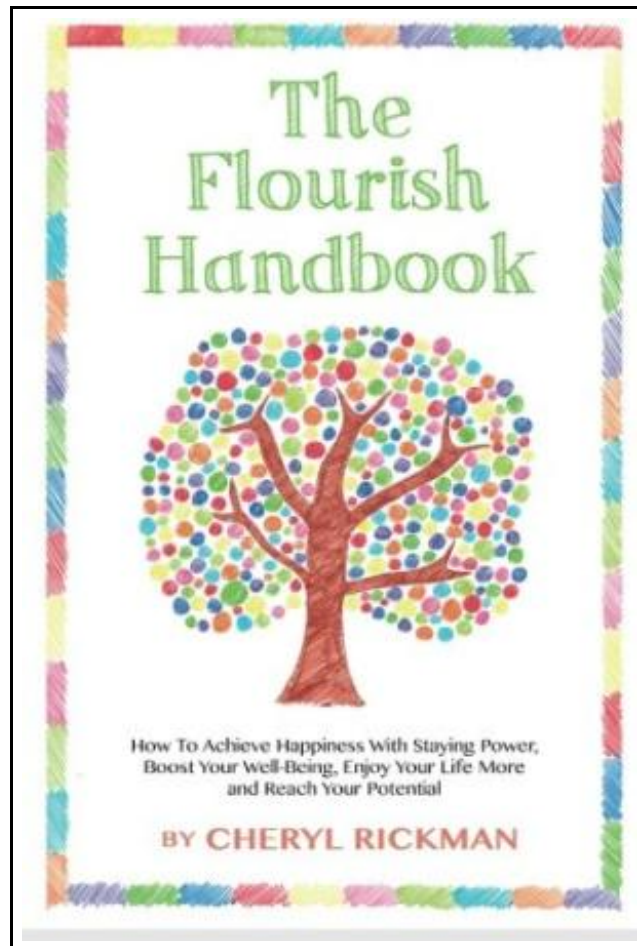


The Flourish Handbook: How to Achieve Happiness with Staying Power, Boost Your Well-Being, Enjoy Your Life More and Reach Your Potential



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 270 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. The Flourish Handbook: How To Achieve Happiness With Staying Power, Boost Your Well-Being, Enjoy Your Life More and Reach Your Potential. Your journey to a more enjoyable and fulfilling life begins here. Some people just cope and enjoy life, no matter what it throws at them. They have this innate ability to shrug off adversity. They deal with tragedies and setbacks with dignity and seize each opportunity. They squeeze every ounce of enjoyment out of every single moment and have an amazing support network. Instead of complaining they show gratitude, instead of dwelling on the past they focus on the present. Such people love their work and achieve balance between that work and living life itself. They fill their life with engaging activities and strive to achieve their goals, remembering to enjoy the journey en route. They determinedly pursue their purpose and accomplish whatever they set out to do. These people are flourishers; they know how to flourish rather than languish. They live lives which maximise the five pillars of well-being as established by the worlds best positive psychologists: positive emotion, engagement, supportive relationships, meaningful purpose, and achievement. You are just a few pages from becoming one of those confident, life-affirming flourishers who make the most of this one life. The problem is, it can be difficult to move from the written word to the DOING bit. One day, best-selling author, business owner and free-range worker, Cheryl Rickman thought to herself, If only there was a book which literally equipped people with the tools they needed to boost their well-being, enjoy their life more, cope with adversity, get more done and reach their potential; a book packed with...



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