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W. Doyle Gentry

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Glücklich sein - wer will das nicht? Doyle Gentry zeigt Ihnen, dass Sie es auch lernen können. Ganz wichtig dafür sind das eigene Verhalten und die eigene Weltsicht. Sie erfahren wie Optimismus, Achtsamkeit und Solidarität das Glücklichsein verstärken können. Der Autor geht darauf ein, wie man glückliche Beziehungen - mit dem Partner und in der Familie - gestalten kann. Dazu kommen jede Menge Tipps, wie man Hindernisse zum Glück aus dem Weg räumt, wie man dem Glück auf die Sprünge helfen kann und welche Gedanken das Glücklichsein bestärken.

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