



## The Post-College Guide to Happiness

By Bryan Cohen

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The world can be a bit negative sometimes, which is kind of like saying rain is wet. Smiles have been replaced by cell phones and cynical is the new normal. The pursuit of happiness has been changed into the pursuit for dollars and in a tough economic climate, it's a race most of us are losing. Comedian and author Bryan Cohen thinks that it's time to remember what happiness is all about. He believes that normal people like you (without diamond-bejeweled muscle shirts) can still be happy with a few changes to your attitude, your beliefs and a short training routine to build up your joy. Cohen has laid out 35 exercises that you can use to create a happiness workout plan to help you in the following areas: \* Keeping your negative thoughts at bay and learning to control your emotions \* Finding things to like about the job you hate and how to quit it to start a job you love \* Loving the one you're with and strengthening your family's happiest...



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