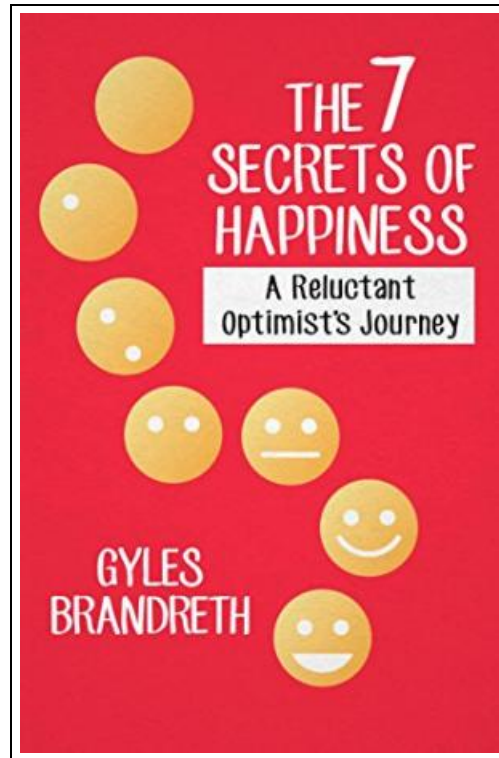


## The 7 Secrets of Happiness: A Reluctant Optimist's Journey



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Open Road Media, United States, 2014. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book. Lovable British comedian Gyles Brandreth s look at the pursuit of happiness and why it matters refreshingly free of wishy-washy, feel-good mumbo-jumbo and full of straightforward, down-to-earth guidance On June 17, 2013, Gyles Brandreth delivered the Baggs Memorial Lecture at the University of Birmingham an annual conference on the theme of happiness and how it can be achieved. His speech was met with thunderous applause and a widespread demand to know more about the secrets of being happy, so he set about writing this poignant book of truths, sprinkled with British wit and humor throughout. With extensive research backing him, Brandreth travels the world over and meets numerous luminary figures, asking the questions: What is happiness? Who gets to be happy? For the queen of Denmark, it is finding happiness in routine; for Sheikh Raschid al Maktoum, it is the certainty of being confident in yourself when others doubt you; for Rod Stewart, it is taking pleasure in the simple things. Through fascinating anecdotes by the likes of Archbishop Desmond Tutu and renowned psychiatrist Dr. Anthony Clare, Brandreth explains why you need to know the seven secrets of happiness and why you need them now.



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