

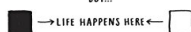
[PDF] How To Be Happy (Or At Least Less Sad): A Creative Workbook

Lee Crutchley - pdf download free book

IT CAN BE EASY TO IMAGINE THAT EVERYTHING
IN LIFE IS EITHER BLACK OR WHITE.

ONE OF TWO EXTREMES.

BUT...



FILL THE OPPOSITE PAGE WITH AS MANY
SHADES OF GRAY AS YOU CAN FIND OR CREATE.

REMEMBER THIS PAGE WHEN YOU
ARE THINKING THE BEST, OR WORST.

LET YOUR LIFE BE A LITTLE MORE GRAY.

Books Details:

Title: How to Be Happy (Or at Least

Author: Lee Crutchley

Released: 2015-05-05

Language:

Pages: 160

ISBN: 039917298X

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Description:

Author and illustrator Lee Crutchley brings his lively interactive approach to a little-discussed but very common issue: the struggle with depression and anxiety.

Through a series of supportive, surprising, and engaging prompts, **HOW TO BE HAPPY (OR AT**

LEAST LESS SAD) helps readers see things in a new light, and rediscover simple pleasures and everyday joy...or at least feel a little less sad. By turns a workbook, trusted friend, creative outlet, security blanket, and secret diary, the pages of this book will offer solace, distraction, engagement, a fresh perspective, and hopeful new beginnings—for readers of all ages and walks of life.

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