

The
HAPPINESS
TOOLBOX



*Finding Happiness Regardless
of Circumstances*

LORI BRANT B.A., B.Ed.
Life Coach

The Happiness Toolbox: Finding happiness regardless of circumstances

Lori Brant

[Download now](#)

[Read Online](#) 

The Happiness Toolbox: Finding happiness regardless of circumstances

Lori Brant

The Happiness Toolbox: Finding happiness regardless of circumstances Lori Brant

It's easy to be happy when things are going your way, but can you be happy when you are in the middle of a crisis? Absolutely.

In the midst of a chronic illness and failed marriage, Lori Brant reached out for resources to help her move forward and found them lacking. She was doing what all the Positive Psychology and spiritual books told her to do, to think positively, meditate, eat right, repeat affirmations but inevitably, something beyond her control would happen and send her spiraling backward into chaos and depression. It felt like she was making changes on top of quicksand. There was something missing.

As a Teacher and Life Coach, Lori Brant delivers a practical, step by step approach to breaking down vague concepts into practical applications and tools that the reader can use during times of chaos to sustain a state of happiness regardless of outside circumstances.

The Happiness Toolbox: Finding happiness regardless of circumstances Details

Date : Published June 1st 2016 by Lori Brant

ISBN : 9781773020259

Author : Lori Brant

Format : Paperback 230 pages

Genre :

 [Download The Happiness Toolbox: Finding happiness regardless of ...pdf](#)

 [Read Online The Happiness Toolbox: Finding happiness regardless o ...pdf](#)

Download and Read Free Online The Happiness Toolbox: Finding happiness regardless of circumstances Lori Brant

From Reader Review The Happiness Toolbox: Finding happiness regardless of circumstances for online ebook

Deb says

I love this book. The author shows you the path by using her journey and through exercises, I finally get it!
It's brilliant!
