



# Paths to Happiness: 50 Ways to Add Joy to Your Life Every Day

*Edward Hoffman*

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## **Paths to Happiness: 50 Ways to Add Joy to Your Life Every Day** Edward Hoffman

From positive psychology expert Edward Hoffman, Ph.D., *Paths to Happiness* guides readers through 50 fun, stimulating, mind-opening ways to achieve greater joy and feel more fulfilled. From dabbling in watercolors to expressing gratitude, embracing nostalgia to power napping, each suggestion in this ebook has been shown by scientific research to increase happiness and support well-being. Every topic is explored in a digestible manner and invites readers to reflect on their lives, with easy ways to cultivate a happier mindset. The easy dip-in, dip-out style and engaging activities make this accessible guide to finding happiness in daily living one that people will want to revisit again and again.

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