



Smile for No Good Reason - Simple Things You Can Do to Get Happy Now

Dr. Lee Jampolsky

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We live in incredibly hurried, stress-filled time in which we often feel that our lives are not only out of our control but have become meaningless. In order to regain ourselves, we are led to believe that we have to make dramatic life changes, such as changing jobs or changing relationships. Dr. Lee Jampolsky disagrees. "Nothing needs to change in your life situation or the world in order for you to have peace of mind". This startling and simple statement is the basis of Dr. Lee Jampolsky's book. A gentle & practical approach to achieving personal and professional happiness.

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