

In an entertaining style, happiness authority Robert Holden offers a wealth of wisdom for taking those small steps to tackle fundamental, everyday concerns that undermine contentment and fulfillment. Through stories, insights and practical exercises, readers learn how to make that shift in their lives so that they can have the better, happier life they deserve.

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Shift Happens!:Powerful Ways to Transform Your Life (October , Jeffers Press, \$, ISBN) is a wonderfully encouraging. Trove: Find and get Australian resources. Books, images, historic newspapers, maps, archives and more. Shift Happens!: Powerful Ways to Transform Your Life by Robert Holden. 2 likes. Book.

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