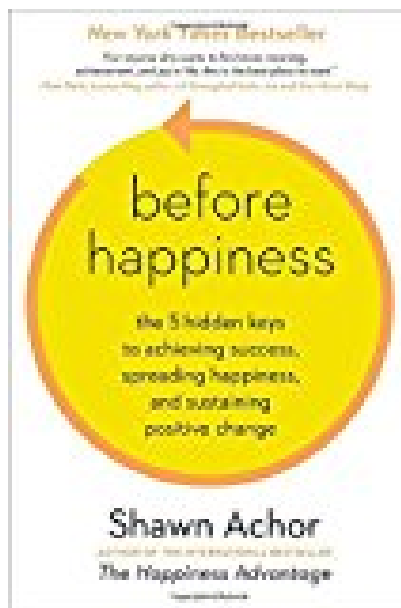


# Before Happiness The 5 Hidden Keys to Achieving Success Spreading Happiness and Sustaining Positive Change

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## BOOK DETAILS

- Author : Shawn Achor
- Pages : 272 Pages
- Publisher : Crown Business
- Language : English
- ISBN : 0770436730

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## **BOOK SYNOPSIS**

Draws on the authors award-winning Harvard research and work with more than 200 corporations to demonstrate the importance of a positive mindset in promoting motivation, engagement and performance in the workplace, outlining five actionable strategies for reducing the negative effects of stress, finding creative solutions and identifying opportunities.

### **BEFORE HAPPINESS THE 5 HIDDEN KEYS TO ACHIEVING SUCCESS SPREADING HAPPINESS AND SUSTAINING POSITIVE CHANGE**

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