



## The Happiness Map: Finding Fulfillment in Work and Life (Paperback)

By Dr Emily Shupert, Anthony Flynn

Storybuilders, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Feeling lost in the pursuit of happiness and tired of going through the motions? If you're done with faking it, you are not alone! Research reveals that happiness is an elusive thing-but it doesn't have to be. There is a map you can follow to a better, more fulfilling place in life. Your work and life can be truly meaningful and fulfilling. Licensed therapist Dr. Emily Shupert and businessman Anthony M. Flynn created the 4 x 4 Happiness Model based on research, case studies, and their own real life stories. Their diverse perspectives-a single, Caucasian female from the suburbs and a married father, African-American male from the inner city-unite to bring you The Happiness Map, an actionable, proven plan for finding fulfillment in work and life.

DOWNLOAD



READ ONLINE  
[ 1.58 MB ]

### Reviews

*Complete information! Its such a great study. It is probably the most amazing book i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Mr. Roger Luetgen III**

*It in a of the most popular publication. It is actually rally intriguing throgh looking at time period. Your daily life span is going to be change the instant you total reading this publication.*

-- **Mrs. Shanna Mann**