



Happiness in Five Minutes a Day

LCSW Vince Chiles

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Happiness in Five Minutes a Day, gives you the tools you need to be happy. If you can spare five minutes a day, you can begin to experience the joy you crave. The tools you need to be happier are demonstrated in the five happiness exercises; Wake-up Surprised, Take a Break to Re-energize, Take a Break to be Creative, Learn Something New, and Go to Bed Grateful. Happiness in Five Minutes a Day will teach you how easy it is to do each of these exercises, when to do them, and how they work to promote your happiness. The best part about the program is you only need to do each of the five exercises for one minute. That's why the book's called Happiness in Five Minutes a Day! Vince Chiles, LCSW, the author of Happiness in Five Minutes a Day was inspired to write this book because as a social worker he has seen how small behavioral changes can create big transformations in a person's life. He believes that almost everyone has the skills and resources necessary to live a full and happy life. This book will explain the how and why these resources work to promote your happiness. It gives you five easy to use exercises that will strengthen your natural happiness resources. If you want to be happy, but don't want to spend a lot of time and money trying to discover how, then this book was written for you.

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