

Happy Together Using The Science Of Positive Psychology To Build Love That Lasts

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Happy Together Using The Science

Happy Together is an accessible guide that can help any couple cultivate positive emotions rather than just wish and wait for them. Take it to heart and use the science of well-being to create a lifetime of happiness together."--Barbara Fredrickson, Ph.D., author of Love 2.0 and Positivity

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Happy Together: Using the Science of Positive Psychology to Build Love That Lasts by Suzann Pileggi Pawelski & James O. Pawelski. In ancient times, people congregated around campfires, town-squares, and stages to be mesmerized by morality plays, fairy-tales, fables, and legends.

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