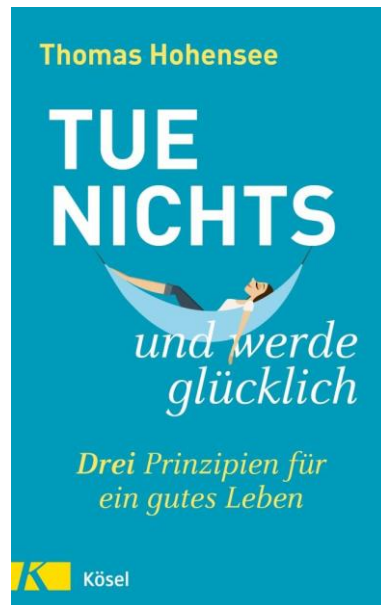


Why we cannot practice happiness



Thomas Hohensee
Do Nothing and Become Happy

[Tue nichts und werde glücklich]

Three principles for a good life

Kösel Sach-/Fachbuch
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Thomas Hohensee, born in 1955, worked as a jurist and debt advisor before he trained at the German Institute for Rational-Emotive and Cognitive Behavioural Therapy. He is the author of many successful books, which have been translated into several languages and a coach for personality development. His aim is to show as many people as possible the way towards a happy and fulfilling life.
www.thomas-hohensee.com

Where and how do we search for happiness? Doesn't it seem that the harder we look for happiness, the more likely we are to walk right past it?

The author and coach Thomas Hohensee addresses these questions in his new book. He points out that less is more, even more so when we choose the simpler path to happiness and trust our inner voice. For this you don't need a program. Truly comprehending only three principles is enough to lead a good and satisfying life – because joy and wisdom are our true nature.

- Successful author with more than 400,000 copies in print
- No exercises, no training, no work – and still live a happy life
- New approach based on the 3 principles by Sydney Banks