

The Science of Happiness – References & Resources

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Suggested Books

1.) Tashi: A GNH Journey by Saamdu Chetri (2020)

<https://www.amazon.com/Tashi-Journey-Secrets-Life-Bhutan/dp/B08QWDFHQ5>

2.) The Happiest Man on Earth: The Beautiful Life of an Auschwitz Survivor
by Eddie Jaku (2020)

https://www.amazon.com/s?k=Eddie+jaku&i=stripbooks&ref=nb_sb_noss_2

3.) Hygge: The Danish Secrets of Happiness: How to be Happy and Healthy in Your Daily Life
by Maya Thoresen (2020)

https://www.amazon.com/Hygge-Danish-Secrets-Happiness-Healthy/dp/1953714110/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=1615077160&sr=1-2