

Train Your Brain To Get Happy: The Simple Program That Primes Your Grey Cells For Joy, Optimism, And Serenity By Teresa Aubele; Susan Reynolds

By Teresa Aubele; Susan Reynolds

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Train Your Brain to Get Happy, by neuroscientist Teresa Aubele, Train Your Brain to Get Happy: The Simple Program that Primes Your Grey Cells for Joy, Optimism,

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http://www.goodreads.com/author/show/4872286.Teresa_Aubele

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Paul Hammerness, MD, and Margaret Moore are the authors of Organize Your Life, Organize Your Mind (Harlequin). Hammerness is an assistant professor of psychiatry at

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Emotional Intelligence - Iguana Project -

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http://www.iguana-project.eu/wp-content/uploads/2014/05/Optimism_and_Happiness.pdf

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