

The Happiness List – e-resources

Bialylew, Elise	The happiness plan	e-audiobook RB Digital
Dolan, Paul	Happiness by design	e-audiobook Bolinda
Dowrick, Stephanie	Choosing happiness: life and soul essentials	e-book Bolinda
	Happiness: a fickle queen	e-video Kanopy
	Happiness matters	e-video Kanopy
Mackay, Hugh	The good life: what makes life worth living	e-audiobook Bolinda
	Masters of mindfulness. Episode 3, Using mindfulness to grow inner resources	e-video Kanopy
	Outsmart yourself: Brain-based strategies to a better you. Episode 24, Happy brains are smart brains	e-video Kanopy
Rubin, Gretchen Craft	The happiness project	e-book Axis 360
	The school of life	e-book Bolinda
Tam, Marilyn	The happiness choice: the five decisions that will take you from where you are to where you want to be	e-book Axis 360
Tangerine, Amy	Craft a life you love: infusing creativity, fun and intention into your everyday	e-book CloudLibrary
Tolle, Eckhardt	Oneness with all life	e-book CloudLibrary
	Your best brain. Episode 13, What makes you happy	e-video Kanopy