



The Inspired Life: A Wholebeing Happiness Workbook (Paperback)

By Megan McDonough

Wholebeing Institute, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The science behind how we flourish, how we create the conditions for optimal human living, becomes especially powerful when we apply it with support and guidance. That's what this workbook is all about. Through inspiring, fun, and meaningful reflections and exercises, you look at the many aspects of your life and your self, and discover what whole-person well-being--wholebeing--means for you. You'll learn about the happiness set point, the hot air balloon metaphor for our multiple selves, the role of character strengths in your life, and how the Renaissance painters offer a model for growth and collaboration. You'll be guided through powerful, user-friendly tools like the SPIRE check-in, journal prompts, and the Mindful Attention Awareness Scale--and learn more along the way about the research underlying positive psychology and the thought leaders in the field.

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