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*Josefina Walker*

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**Josefina Walker : The Happyish Project: Ninety Days to Feeling Better** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Happyish Project: Ninety Days to Feeling Better:

1 of 1 people found the following review helpful. Entertaining read full of humorBy Reader from EuropeI am a great fan of reading about selfimprovement and controlling one's mindset. I was given this book by the author in return for an honest review, and it was only then that I discovered that she has been suffering from depression since she was young. I had never read a self help book yet that was written from that particular perspective. Surprisingly perhaps I loved it! Thanks to lots of humor it was a very entertaining an enjoyable read about a 90-day challenge to control moodswings by engaging in all sorts of activities, some of them rather weird such as knitting and teeth bleaching. It was hilarious to read all of her adventures and dramas. Perhaps this book is best suited to people who also feel depressed; they will be able to follow the author on her adventure and may likewise experience that it is possible (YES!) to live happyish!2 of 2 people found the following review helpful. Pure Delight and Actually Helpful, Even for the Jaded.By Lara BethI love this book so much. To be honest, I didn't intend to. I have had depression since I was a child, and I think I have read everything in the world about it. Imagine my surprise to find that this book was a pure delight. It had practical tips and reenforced some of what I believed to be true, but the tone is so light and warm and engaging that I really feel like I know the author. It was funny and human and uplifting and I really wish I could go out for coffee with Ms. Walker.1 of 1 people found the following review helpful. The Happyish Project: Ninety Days to Feeling Better Kindle Edition by Josefina Walker (Author)By CustomerThis self-help book on depression is both entertaining and informative. The author moves from 'TMI - Too Much Information' to extremely helpful throughout the pages. Josefina's humor is justified as she explains her personal journey all the while dealing with 'cognitive distortion'. Those who relate to personal triumphs will enjoy her engaging banter, while those seeking to find solutions to their own distortions will welcome the analytical and detailed information presented. This book should be kept handy for quick refreshers when having a 'Debby Downer' day.

Josefina Walker has been living with mild to moderate depression since the age of eight. During this time she has learned a series of coping mechanisms to manage without pharmaceuticals and with her sense of humour more or less intact.Recently life has thrown a few curveballs and Josefina finds that the usual methods of dealing with her depression just aren't cutting it. Determined to avoid a downward slide, she embarks on The Happyish Project - a ninety day journey during which she tries just about anything to feel better. From exercises in letting go of anger to a self-tan disaster, Josefina is willing to give it a go. She reads up on the basics of Cognitive Behavioural Therapy and

what she learns is that depression isn't just about being sad. It's about feeling low and engaging in illogical, distorted thinking. Challenge your thinking and change your life. That, and knitting and hula-hoops are good for you.\*\*\*\*\*Day  
NineMy task for today is to do something nice for someone else. I admit, I struggled with this one because if I'm doing something nice for someone else only to make myself feel better does it still count as doing something nice? Or is it just selfish and crappy? I thought about it for a while and then decided to hell with it, just do something nice already and don't worry about the motive. The person on the receiving end probably won't care. I wandered around the streets for a while in search of a good deed that needed doing but everyone I saw seemed more or less ok. No little old ladies who needed help with their groceries, no little kids lost in the street. I started to imagine myself in a cape and tights, wandering around the city in search of some poor, hapless bastard who I could help whether he needed it or not. In the end the only thing good deed I did all day was to tell the lady who runs the fruit store up the street that I really like her new haircut. She seemed happy about that. The truth is that I lied to her. Her new haircut is absolutely appalling. I'm not trying to be mean when I say this but I think that her new hair-do looks like a yellow motorcycle helmet and a mushroom had an ill-advised, whirlwind romance and got married and had a big, tacky, puffy baby on her head. I feel bad for lying but there are moments when telling the truth helps no one.

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