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# HOW TO BE HAPPY: LESSONS FROM MAKING SLOUGH HAPPY



Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, How to be Happy: Lessons from Making Slough Happy, Liz Hoggard, Making Slough Happy is made by award-winning independent production company Optomen, with prime-time programming on BBC2, transmitting in November 2005. One of the boldest social experiments ever undertaken, this unique television event brings happiness experts from all fields and gives them just four months to make the town of Slough happy. A fact: Although genes and upbringing influence about 50% of...

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- Authored by Liz Hoggard
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