

Attitudes of gratitude : how to give and receive joy everyday of your life

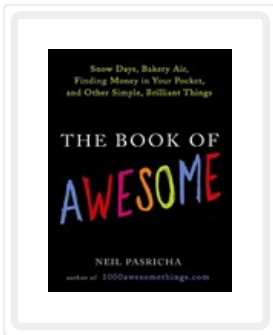
<https://bccalibrary.andornot.com/en/permalink/catalog120738>

Ryan, M.J. Berkeley, CA: Conari Press , 1999.

Audience: Patient or Public

Call Number: BF575 H27 R988 1999

Availability: 1 copy, [1 available](#)



Book of awesome : snow days, bakery air, finding money in your pocket, and other simple, brilliant things

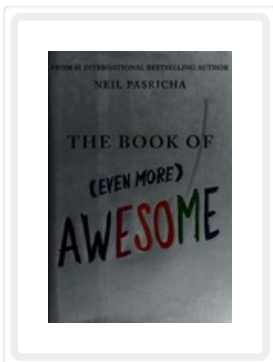
<https://bccalibrary.andornot.com/en/permalink/catalog113439>

Pasricha, Neil. New York, NY: G. P. Putnam's Sons , 2010.

Audience: Patient or Public

Call Number: BF575 H27 P284 2010

Availability: 1 copy, [1 available](#)



Book of (even more) awesome

<https://bccalibrary.andornot.com/en/permalink/catalog120742>

Pasricha, Neil. New York, NY: G. P. Putnam's Sons , 2011.

Audience: Patient or Public

Call Number: BF575 H27 P284 2011

Availability: 1 copy, [1 available](#)



Chicken soup for the soul : reboot your life : 101 stories about finding a new path to happiness

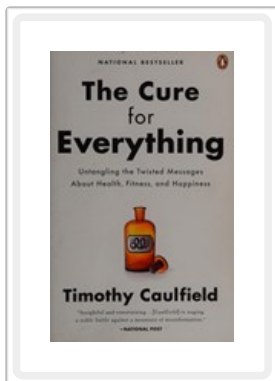
<https://bccalibrary.andornot.com/en/permalink/catalog21718>

Cos Cob, CT: Chicken Soup for the Soul Publishing, LLC , 2014.

Audience: Patient or Public

Call Number: BF575 H27 C534 2014

Availability: 3 copies, [3 available](#)



Cure for everything : untangling the twisted messages about health, fitness and happiness

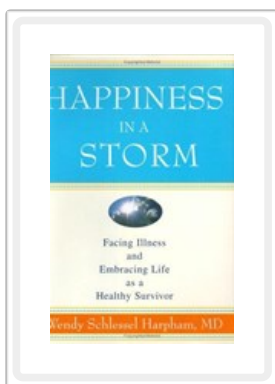
<https://bccalibrary.andornot.com/en/permalink/catalog120404>

Caulfield, Timothy. Toronto, ON: Penguin Group , 2013.

Audience: Patient or Public

Call Number: WB890 C372 2013

Availability: 1 copy, [1 available](#)



Happiness in a storm : facing illness and embracing life as a healthy survivor

<https://bccalibrary.andornot.com/en/permalink/catalog14405>

Harpham, Wendy Schlessel. New York, NY: W.W. Norton , 2005. 1st ed.

Audience: Patient or Public

Call Number: QZ201 H295h 2005

Availability: 2 copies, [2 available](#)



Happiness is an inside job : practicing for a joyful life

<https://bccalibrary.andornot.com/en/permalink/catalog18335>

Boorstein, Sylvia. New York, NY: Ballantine Books , 2007. 1st ed.

Audience: Patient or Public

Call Number: WM61 B724 2007

Availability: 1 copy, [1 available](#)



Hardwiring happiness: the new brain science of contentment, calm, and confidence

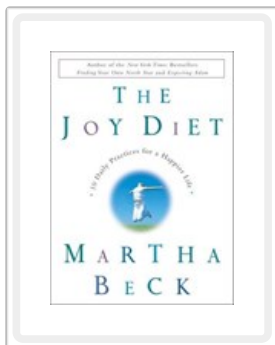
<https://bccalibrary.andornot.com/en/permalink/catalog122875>

Hanson, Rick. New York, NY: Harmony Books , 2015.

Audience: Patient or Public

Call Number: WB880 H251 2015

Availability: 2 copies, [2 available](#)



Joy diet : 10 daily practices for a happier

<https://bccalibrary.andornot.com/en/permalink/catalog113437>

Beck, Martha. New York, NY: Crown Publishers , 2003.

Audience: Patient or Public

Call Number: BF575 B393 2003

Availability: 1 copy, [1 available](#)



My heart fills with happiness

<https://bccalibrary.andornot.com/en/permalink/catalog122088>

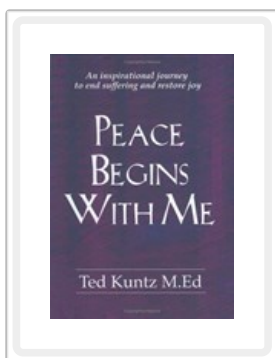
Gray Smith, Monique. Victoria, BC: Orca Book Publishers , 2016.

Audience: Patient or Public

Call Number: BF575 H27 C5 G78 2016

Availability: 1 copy, [1 available](#)

“ Summary: A board book that celebrates happiness and invites children to reflect on the little things in life that bring them joy.; Ages: 2-5 (can be enjoyed by all ages!)



Peace begins with me : an inspirational journey to end suffering and restore joy

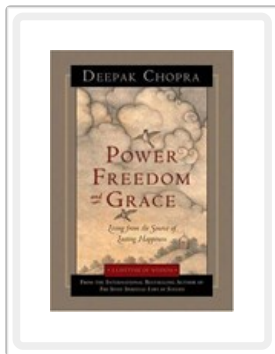
<https://bccalibrary.andornot.com/en/permalink/catalog21374>

Kuntz, Ted. Coquitlam, BC: Ted Kuntz , 2005.

Audience: Patient or Public

Call Number: WM425 K97 2005

Availability: 1 copy, [1 available](#)



Power, freedom and grace : living from the source of lasting happiness

<https://bccalibrary.andornot.com/en/permalink/catalog20401>

Chopra, Deepak. San Rafael, CA: Amber-Allen Publishing , 2006.

Audience: Patient or Public

Call Number: WB880 C549 2006

Availability: 1 copy, [1 available](#)



Pure happiness : awaken to your truth

<https://bccalibrary.andornot.com/en/permalink/catalog120182>

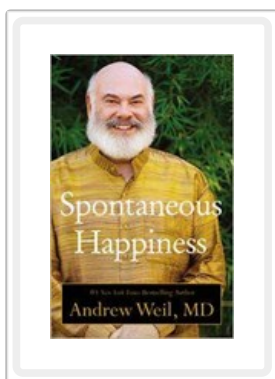
Molavi, Bob. [Vancouver, BC]: Neil and Cathy Schlosser , 2016.

Audience: Patient or Public

Call Number: BF575 H27 M65 2016

Availability: 1 copy, [1 available](#)

“*Cancer survivor Bob Molavi helps you align with your true purpose, expand your creativity, bolster your productivity and deepen your relationship with life, so you may come to understand happiness like never before.*”



Spontaneous happiness

<https://bccalibrary.andornot.com/en/permalink/catalog21245>

Weil, Andrew. New York, NY: Little, Brown and Company , 2011. 1st ed.

Audience: Patient or Public

Call Number: WB880 W422 2011

Availability: 1 copy, [1 available](#)