

CHANGE YOUR LIFE WITH POSITIVE PSYCHOLOGY

CHARLOTTE STYLE

Praise for *Change Your Life with Positive Psychology*

“Change Your Life with Positive Psychology is smart, punchy and refreshing. I love all the brilliant insights, exercises and quotes. Pick up this book and enjoy it as you would a cold drink on a hot summer day.”

*Dr. Ilona Bonitzell, founder, European Network for
Positive Psychology*

“We all want to become the ‘best of ourselves’ and Charlotte’s passionate and inspiring introduction to Positive Psychology is a great place to start. After reading this book you will have the keys to a flourishing, happy life.”

Nina Grunfeld, founder, Life Clubs

“This book is more than an introduction to the main ideas within positive psychology; it is a wonderful resource if you are looking to live a happier and more fulfilled life. Clear, succinct and readable, it encourages you to make small adjustments to your life that can really make a difference.”

*Dr. Anthony Seldon, author, historian and
Head of Wellington College*

Change Your Life with Positive Psychology

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