**CCNY workshop: Happiness at Work
June 7, 2013**

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**Select References for Happiness**

Books:

Ben-Shahar,Tal. *Happier.* McGraw-Hill, 2007.

Cameron, Julie. *The Artist’s Way*. Tarcher, 2002.

Ross, Steve. *Happy Yoga*. William Morrow Paperbacks, 2003.

Rubin, Gretchen. *The Happiness Project*. New York: Harper, 2009.

Schultz, Charles. Happiness is a Warm Puppy. Cider Mill Press, 2006.

Taran, Randy & Lineger, Maria. *Project Happiness Handbook*. Project Happiness, Inc., 2009.

Links & Tools:

<http://www.happiness-project.com/get-started/downloads/>
for resolutions Chart and Happiness Project Group Starter Kit

<http://www.abundancetapestry.com/70-ways-for-self-care>
Evelyn Lim, life coach, blogger