Ten Minutes to Happiness
A daily journal that will change your life
Sandi Mann

A brand new journal that will improve your mental health dramatically by spending ten minutes every day focusing on the positive things that have happened to you.

Ten Minutes to Happiness is a therapeutic self-help programme based on a six-step formula designed to lift your mood and improve your mental health.

Dr Mann's six steps are underpinned by psychological principles and have been tried and tested amongst many of her clients at The MindTraining Clinic in Manchester.

By spending just 10 minutes completing your happiness journal each day, you will build up a record of your experiences in six simple areas:
- Pleasure: Things that were enjoyed that day
- Positive Strokes: Praise or feedback received during the day
- Lucky Me: Good fortune you encountered that day
- Achievements: Reasons to say 'well done me', however small
- Gratitude: Blessings to be counted
- Random Acts of Kindness: Kind acts you have performed that day

The more you use this journal, the more your mood will benefit and the happier you will be, by appreciating the positive aspects of your life, rather than dwelling on the negative.

Main Points
- The first book to combine journalling with an evidence-based therapeutic rationale
- Focused on positive experiences with a proven impact on your overall happiness
- Beautifully designed to be an item you enjoy filling in every day

Author Biography
Dr Sandi Mann is a Senior Psychology Lecturer at the University of Central Lancashire. She is an experienced mental health practitioner, has her own private clinic and is the author of more than twenty popular psychology books, including The Science of Boredom (Robinson, 2017). Sandi blogs for the Huffington Post and is a columnist for Counselling At Work journal.

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