

# **WORKBOOK**

## **The Happiness Advantage**

**(An In-depth Look Into the Author's Book) How  
a Positive Brain Fuels Success in Work and Life**

- Summary
- Key Takeaways
- Self-Reflection Questions
- Positive Action Plans

**Silver Quil Press**

# Happiness Advantage Workbook

**L Cohen**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue bar.

## **Happiness Advantage Workbook:**

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