



# Why Am I Not Happy?: Getting Back on Track

*Dr. Wanda I. Bonet-Gascot*

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**Why Am I Not Happy?: Getting Back on Track** Dr. Wanda I. Bonet-Gascot

In this book, the teachings of the story of the disciples of Emaus are intertwined in a very simple and effective way with several stories including my own professional one. But beyond a story of reflection, it is a manual of exercises that will facilitate the process of identifying, educating, deciding and acting according to your values. The exercises are part of a strategic method of Life Coaching" that will facilitate the assimilation of responsibility of your feelings, clear definition of your options, establishment of an effective plan of action to reach your goals, and most of all, the experience of your journey with joy and passion" - Dr. Wanda For more information, visit [www.wandabonet.info](http://www.wandabonet.info).

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