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Webinar References

Women in Recovery Specialty Online Training Series: Come On Get Happy: Women, Recovery, and Happiness

<https://www.naadac.org/women-series-2022-women-recovery-happiness-session>

Friday, May 20, 2022 @ 12:00 – 1:30 pm ET (2CT/1MT/12PT)

References:

1. Halber, Deborah (2019). Happiness Exercises Can Boost Those in Recovery,
<https://giving.massgeneral.org/stories/happiness/>
2. Helliwell, John, et al. (2022) World Happiness Report
3. Lyubomirsky, Sonja (2007). The How of Happiness: A Scientific Approach to Getting
the Life You Want. Penguin Books.