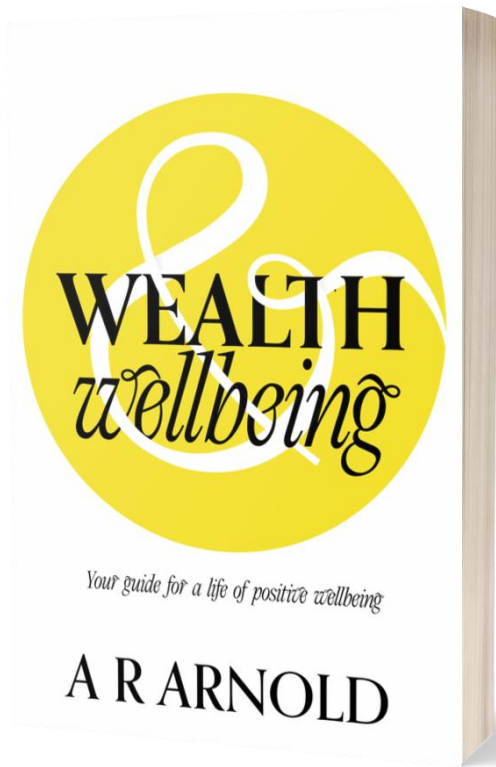


Wealth and Wellbeing

Written by A R Arnold



HAPPINESS AND WELLBEING ARE LIKE FINGERPRINTS –
UNIQUE TO EACH OF US.

Happiness – the state of being happy.

Wellbeing – a positive state experienced by individuals and societies that encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose.

We all have different desires, fears, backgrounds, and ambitions – these all affect how we define and allow happiness into our lives.

There is not one single recipe for happiness and wellbeing that works for us all.

There are, however, many ingredients that we can use to make our own unique recipe for happiness and positive wellbeing.

Learn how you can adopt a **WEALTH** mindset and build an enduring life of positive wellbeing.

ISBN	9781923101951
Publication Date	25 JUN 2024
Genre	Self-help
Format	Paperback
Audience	General
Author Location	Melbourne, VIC

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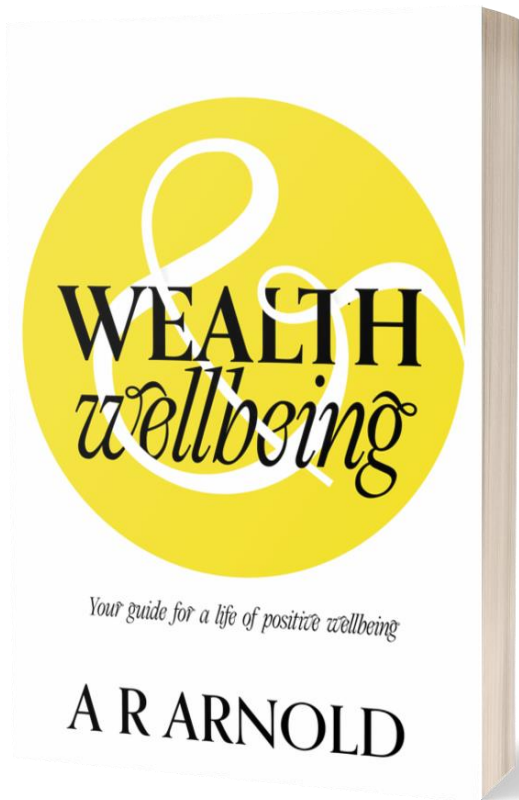
ABOUT THE AUTHOR

A R Arnold was born in Christchurch, New Zealand before moving his family to Melbourne, Australia after the 2011 earthquakes. A prolific reader and avid learner, A R has always been interested in psychology, and during the Covid lockdowns, he noticed the negative effects the lockdowns were having on those around him. He started researching ways to maintain positive wellbeing during trying times, the consequence of which was his first book, *Wealth and Wellbeing*.

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A CONVERSATION WITH THE AUTHOR

WHAT DREW YOU TO THE SUBJECT MATTER OF *WEALTH & WELLBEING*?

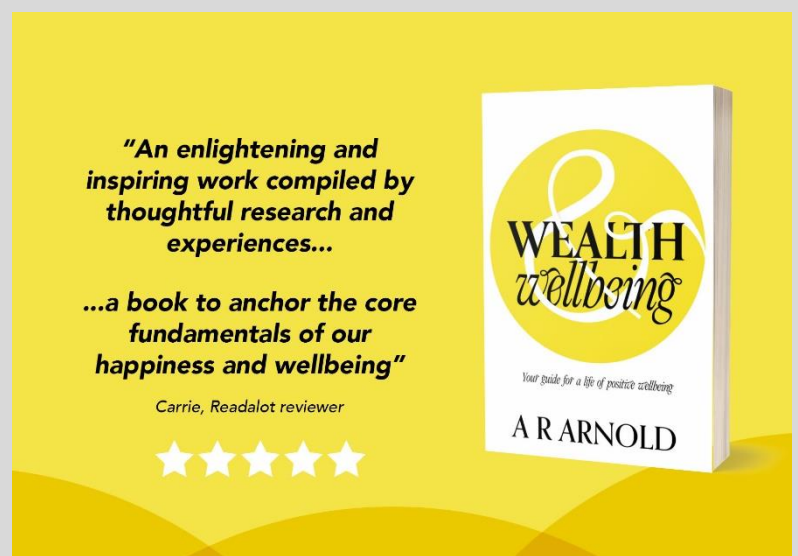
During the COVID lockdowns, I noticed the negative effects the lockdowns were having on myself and those around me and wanted to find out more.

WHAT IS THE MOST DIFFICULT PART OF YOUR ARTISTIC PROCESS?

The most difficult part is pulling it all together from non-sensical passages to a piece that flows and is logical in its presentation.

WHAT DID THE RESEARCH PROCESS LOOK LIKE FOR *WEALTH & WELLBEING*?

I write for around 3-4 hours a day, so it started with reading and researching the information needed on the internet. Most of the research was done when writing the book as I discovered new avenues of enquiry.



"An enlightening and inspiring work compiled by thoughtful research and experiences..."

...a book to anchor the core fundamentals of our happiness and wellbeing"

Carrie, Readalot reviewer



[Click here to order.](#)