



The Happiness Habit: Choose the Path to a Better Life

Brian Colbert

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Whatever you want from life, this book will have a benefit for you. A key element to finding happiness is understanding what your (often unconscious) basic drives are and ensuring that these are being satisfied. Brian Colbert addresses the core questions that will help you discover who you really are. In this book he will teach you how to get past what's stopping you from reaching your true potential and how to bring about lasting happiness into your life. Many of us think that in order to change, we need therapy. This is not always the case—you may just need this book. Using a series of powerful mind exercises, *The Happiness Habit* shows you:

- how to improve your relationship with yourself (and others)
- how to build your confidence and stay positive
- how to face adversity and overcome challenges
- how to live a happier and more fulfilling life.

Research is increasingly proving that traditional methods of exploring negative experiences from your past doesn't necessarily help you to move forward. The exercises in this book will help you train your brain to replace constant self-criticism and depreciation with more useful ways of thinking. Brian will teach you the skills, ability, direction and focus to develop the habit of happiness. Together with the free mind programming CD, this book gives you all the tools you need to lead a happier life.

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