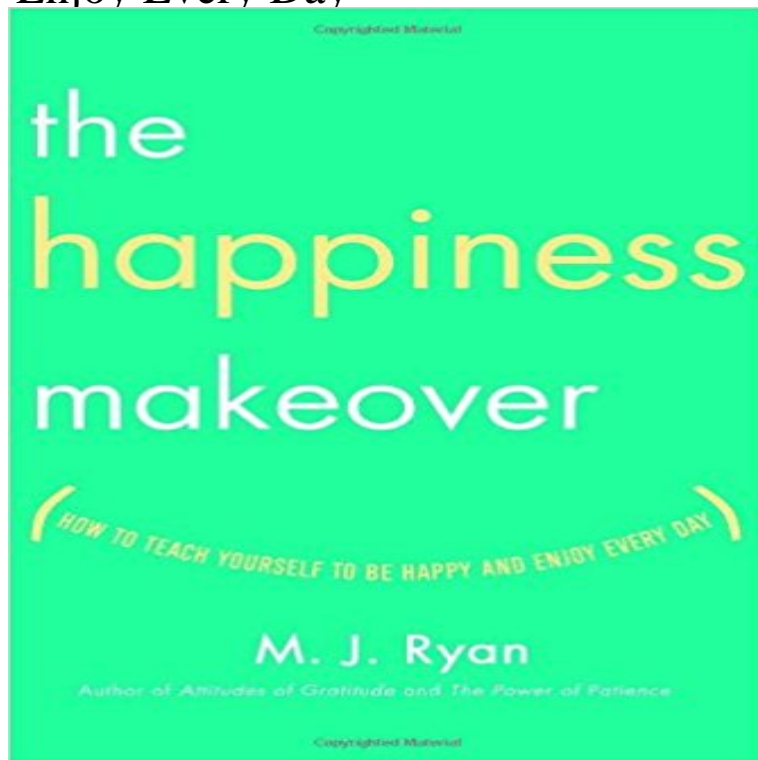


The Happiness Makeover: How to Teach Yourself to Be Happy and Enjoy Every Day



We all want the things that we are sure will make us happy—money, success, independence, love. But when we finally get them, we can find to our surprise that we are the same miserable, moody, or just neutral people we always were. Why is that? Is it us? Is our ability to be happy genetically programmed in us like the color of our eyes? Luckily not. You can teach yourself to be happy and enjoy every day, and M. J. Ryan, bestselling author of *The Power of Patience* and *Attitudes of Gratitude*, shows you how. In her international coaching practice, M. J. Ryan has shown hundreds of clients how to find and really feel the joy in their lives. She gives them tools to unearth what stands in their way and revolutionize the way they experience life. Now it's your turn for a Happiness Makeover. Ryan's own desire to be happier first led her to study what is known about happiness from brain science, psychology, and the wisdom traditions of the world. *The Happiness Makeover* draws on this wide-ranging knowledge and presents a plan that will help you: Clear away happiness hindrances like worry, fear, envy, and grudges. Discover happiness boosters like flow, meaningful work, challenge, and gratitude. Literally rewire your brain to experience contentment—even joy. Learn to think optimistically (it really is possible!) Find daily ways to truly enjoy, even relish, the moments of your life. Full of moving stories, inspiring quotations, and the wisdom of one who has been there before, *The Happiness Makeover* offers the means to find elusive happiness at last.

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