



Its All in Your Head (Thinking Your Way to Happiness): The 8 Essential Secrets to Leading a Life Without Regrets

By Mark Levine

Collins Publishers. Paperback. Book Condition: New. Paperback. 216 pages. Dimensions: 7.8in. x 5.2in. x 0.8in. Here are the simple truths that motivate people of any age to find and accept lasting happiness, illustrated with the stories of real people, and illuminated with the observations of spiritual leaders and great philosophers. For more than three decades, attorney, financial consultant, and life coach Stephen M. Pollan has been advising clients and readers on the business of living everything from home buying and employment contracts to marriage and parenting. He has taught his clients and readers to Die Broke (use assets rather than build up an estate), to stage Second Acts (reinvent their lives), and, most recently, to Fire Your Boss (take charge of their own work lives). Throughout these books, Pollan stresses that attitudes as well as actions are essential to success. Indeed, over the years he realized that the happiest and most successful people he had met were also those who were the most energetic and exuberant, regardless of their age. By noting these attributes and incorporating them in his own life, Pollan came to understand that our attitudes are not just one element of succeeding at the business of living, they are in...



READ ONLINE
[6.94 MB]

Reviews

A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time.

-- **Jarod Bartoletti**

It is an remarkable pdf that I actually have actually read. It really is packed with knowledge and wisdom I am very happy to tell you that this is the finest ebook i actually have go through during my very own life and may be he very best book for actually.

-- **Hailey Jast Jr.**