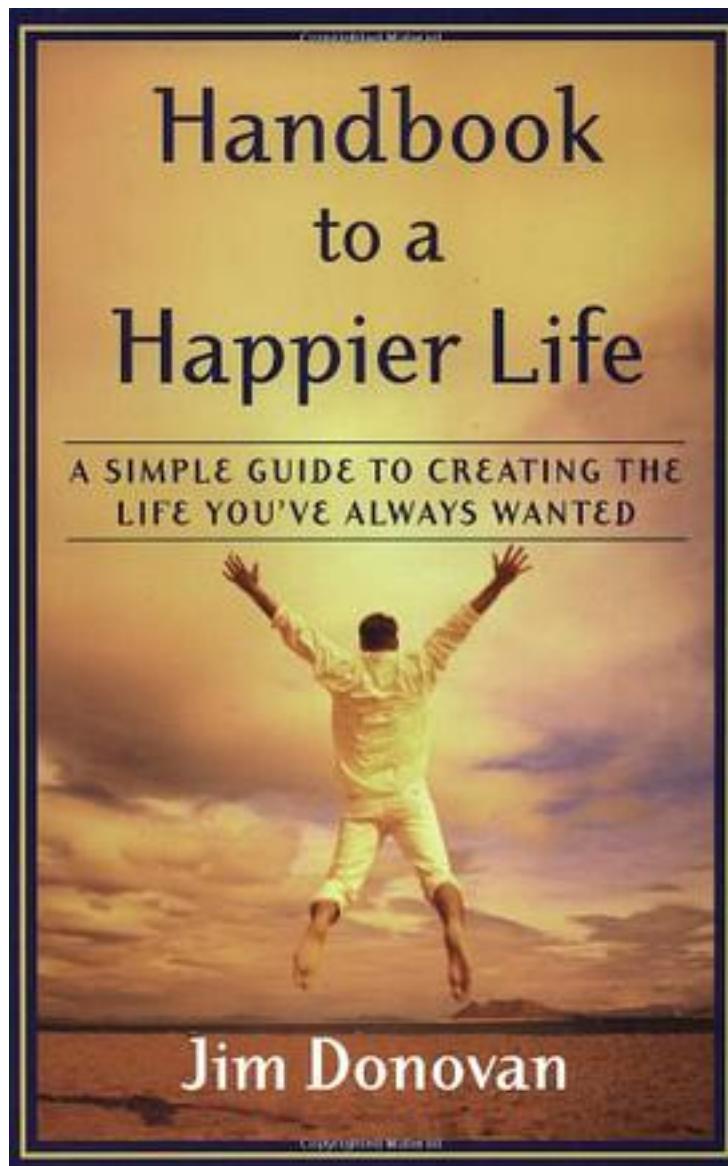


Handbook to a Happier Life



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When Jim Donovan's successful career in video and broadcast television led to a personal meltdown, he went through rehab, pulled himself up from the bottom, and started his life over. He then began giving seminars on "how to change your life" based on the simple yet effective ideas that had worked for him in his recovery. Don't make big changes, Donovan suggests, just start slowly and move bit-by-bit toward your goal. In addition to goal-setting and goal-keeping, Donovan discusses writing personal affirmations that work, cultivating gratitude, disciplining the mind, and helping others to achieve their dreams. These easy-to-grasp concepts have helped thousands of people turn their lives around.

作者介绍:

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