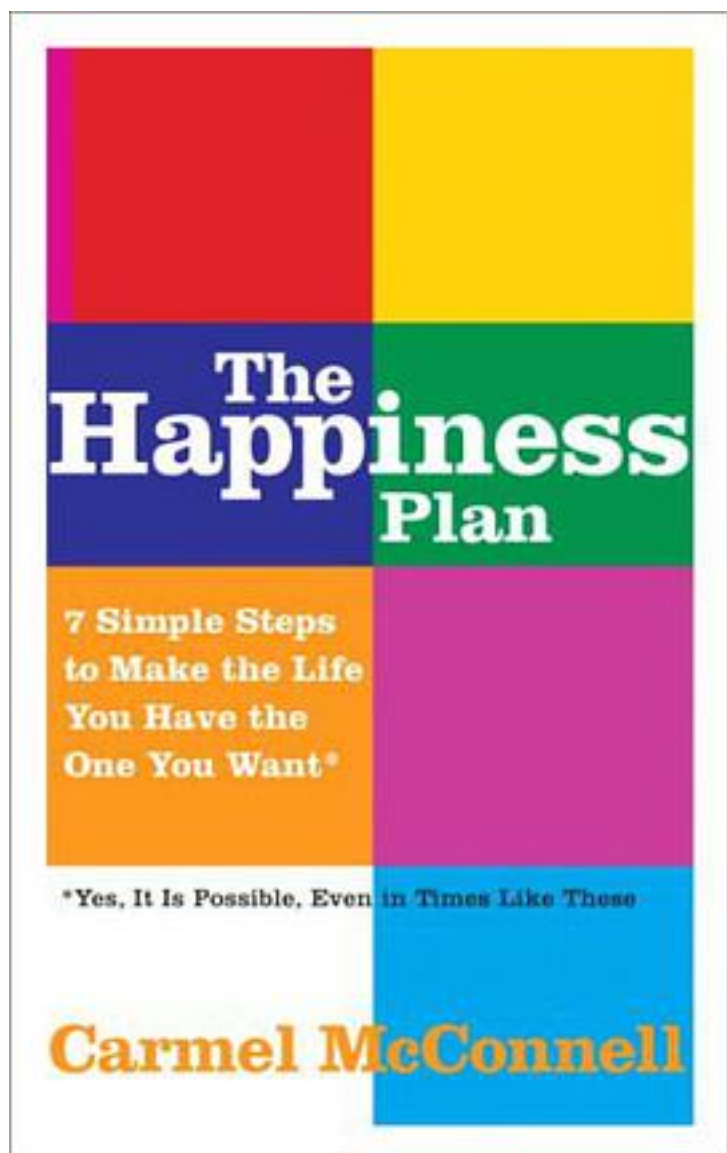


The Happiness Plan



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"If the route to happiness is to be found, Carmel McConnell is the best guide. The balance and calm she has found in her own life through helping others is inspirational." Niall Fitzgerald, Chairman of Reuters
What makes you happy? Your answer is yours alone: nobody can answer for you. But whatever makes you happy, you can build a life with more of it. Happiness begins with a plan--your personal Happiness Plan. This book shows how to build that plan, and make it work. Sounds like a monumental task? It's not. It's about taking gentle, small steps to sort out your life, and lead with your heart. It's about making yourself happy by making others happy. It's about focusing on what matters and letting happiness simply arrive on its own. The Happiness Plan. It works. Try it. You have nothing to lose--and think of all you have to gain. The Happiness Plan will help you.../ Discover when and where you're happiest / Feel the happiness that's already there / Unlearn unhappiness, one step at a time / Make better life decisions / Learn how to be happier at work, in love, and everywhere else

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