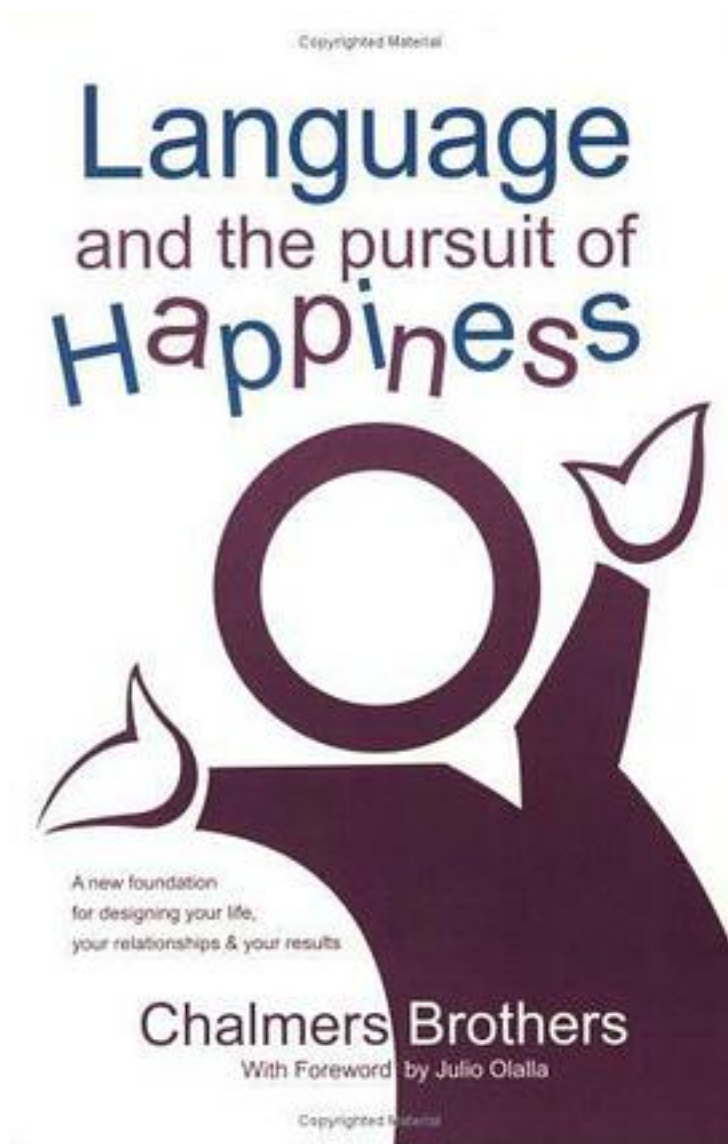


Language and the Pursuit of Happiness



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This compelling new book shares a way of understanding your language and your conversations (including those you have with yourself) that has proven to be a powerful, practical basis for real change and lasting improvements - at home, at work and everywhere in between. Here is the promise of this new book by personal coach and seminar leader Chalmers Brothers: We speak ourselves into the world, whether we're aware of what we're doing or not. Our language and our conversations are incredibly active, creative and generative. not merely passive and descriptive. And they are directly connected to our relationships, our effectiveness, our moods and emotions and our physical bodies. Full of humor, real-life examples and practical how-to's, this book is essential reading for those seeking to achieve and maintain a balance of peacefulness and productivity - what we may call happiness - in their lives.

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