

Life Is Short, Wear Your Party Pants



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Loretta La Roche has helped millions of people find ways to lighten up and overcome stress. Now, in "Life Is Short-- Wear Your Party Pants," she gives you the tools you need to not only "reduce" feelings of tension, but also to bring joy, passion, and gusto into your life. Her techniques are a brilliant blend of old-world common sense and the most contemporary research in brain chemistry, psychology, and mind-body studies. Loretta gives you dozens of proven techniques for recognizing the ten simple truths that will lead you to an intense, happy, successful life: "resilience, living in the moment, optimism, acceptance, humor, creativity, moderation, responsibility, meaning, "and "connection." Loretta's wisdom evolved from her own life-- one filled with the demands of being a single mother of three; of starting her own business when she was broke; and of the wacky invasiveness of her Italian family. She's like all of us: real, flawed, stressed out, and on edge. Her magic comes from an ability to not take herself too seriously, and to always shift her focus "away "from the self-destructive and "toward "the truly important things in life. In her work, Loretta has seen tens of thousands of people who live their lives as if they're sitting in a waiting room, hoping that their turn comes up next. This book will show you that life is not something to be "endured, "but is something to be truly appreciated. We need to remember how to

access our inner abundance, which allows us to be heart-centered, joy-filled human beings. As Loretta says: "" Yesterday is history, tomorrow is a mystery, and today is a gift-- that' s why they call it the present." "

作者介绍:

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