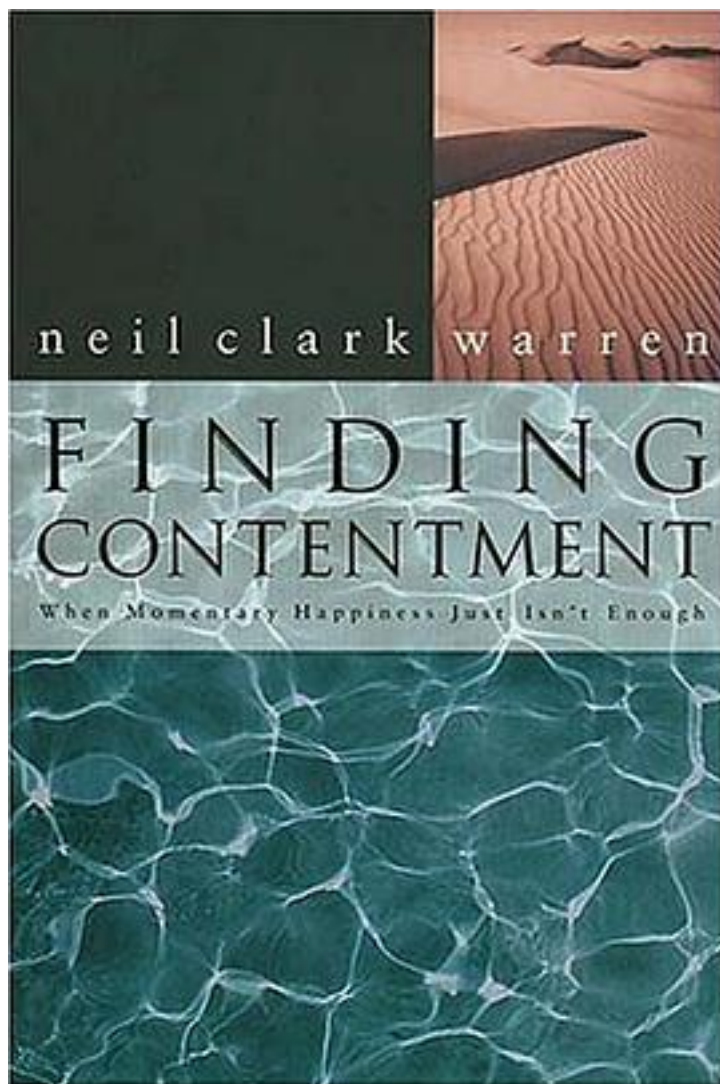


# Finding Contentment



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Want to know the real secret to life? It's enduring contentment - a deep-seated sense of peace and self-acceptance - that comes from being the person you truly are. Dr. Warren has five get-to-know-yourself-better steps designed to uncover the real you and help you find lifelong serenity. You'll learn why, from the moment you were born, you were programmed with the conflicting messages of pleasing self versus pleasing others - and you'll learn how to reconcile the two.

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