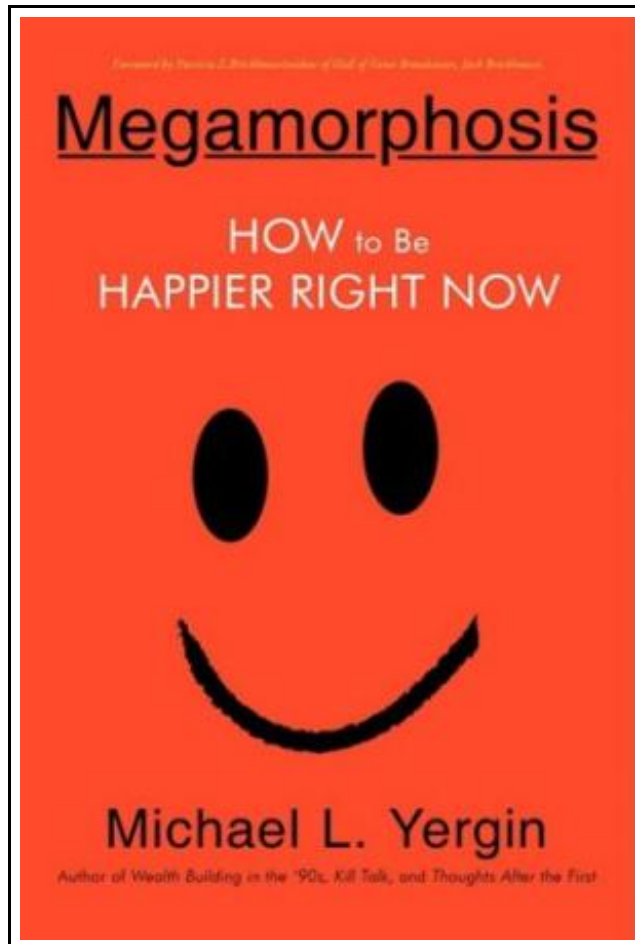


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(Letha Okuneva)

MEGAMORPHOSIS: HOW TO BE HAPPIER RIGHT NOW (PAPERBACK)



iUniverse, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The simple fact is, we all want to be happy. In Megamorphosis, best-selling author Michael Yergin gives us the tools for our body and mind to make us happier-or just reaffirm that we are happy in our lives now. With it you can learn how to be your own life coach. Using anecdotal examples, Yergin weaves an insightful and humorous social commentary as he shows us exactly how to become happier and view life more positively. His suggestions include: Never focus on what you don t want Use creative visualization to realize your goals Start an exercise program Learn to laugh more Become childlike, not childish Program your dreams to concentrate on happy or positive events In Megamorphosis, Yergin candidly shares some of his life s lessons for success and his poignant and personal insights and mistakes. His brother s death and the disheartening events of 9/11 prompted Yergin to seek solutions to being unhappy and depressed. A message of hope and faith, Megamorphosis is an engaging discussion of positive psychology. It s about making a great and lasting change-one step at a time.



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