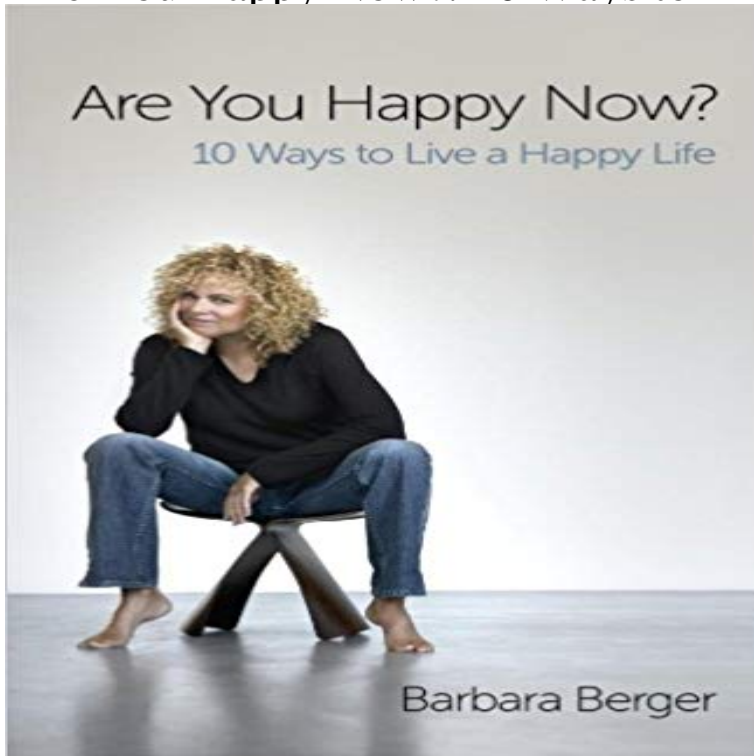


Are You Happy Now?: 10 Ways to Live a Happy Life



What is preventing you from being happy now? Is it your partner, your health, your job, your financial situation or your weight? Or is it all the things you think you should do? Barbara Berger takes a look at all the things we think and do that prevent us from living happy lives now. The book's basic premise is that our thoughts determine our experience of reality and understanding this is the key to living a happy life. This is a revolutionary way of looking at life because most people believe that outer conditions are the reason why they are unhappy. But if outer conditions are not the cause what is? Berger presents 10 practical ways to use this understanding in your daily life, your relationships, at work and for your health. And she gives examples from her own dramatic life since leaving America at the young age of 18 in protest against the Vietnam War and settling in Scandinavia to her lifelong exploration of the power of mind and the nature of consciousness.

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