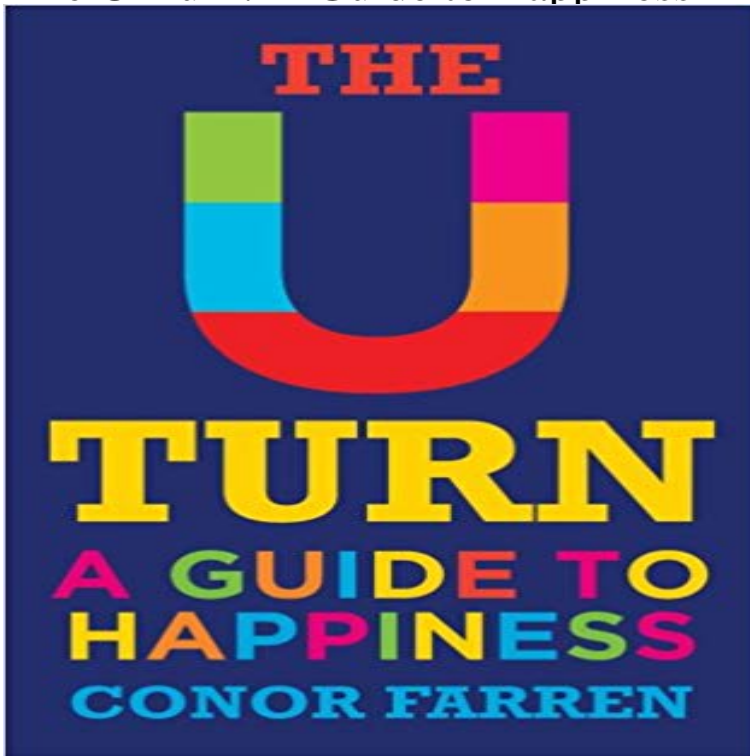


The U-Turn: A Guide to Happiness



The U-Turn is a book about being happier. Taking the simple premise that increased self-esteem is the key to a more contented existence; the author draws from his background as a psychiatrist and his own life experience to present a way of tackling the everyday negative emotions that can interfere with enjoying life. Conor Farren is a consultant psychiatrist at St Patricks Hospital, Dublin.

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