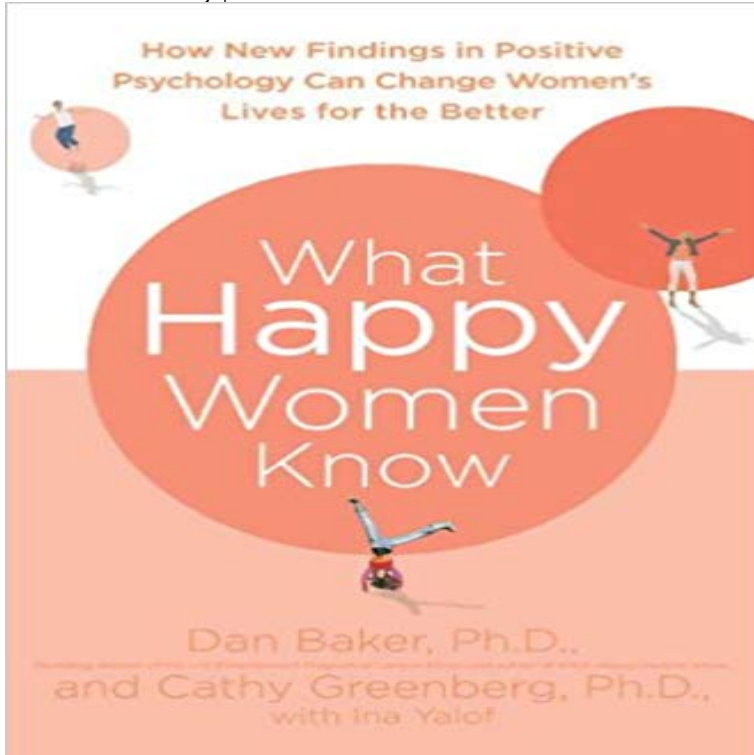


What Happy Women Know: How New Findings in Positive Psychology Can Change Womens Lives for the Better



If your job or relationships are bringing you down, and you are feeling a little blue, WHAT HAPPY WOMEN KNOW can teach you the secret to recapturing joy. If you are like most women, you are great at making sure everyone around you is happy and your own happiness is an afterthought if thought about at all. Now, its time to seize the satisfaction that is waiting for you. This book will show you how. By providing tools and information that work specifically for women, WHAT HAPPY WOMEN KNOW will give you the skills to: develop a greater sense of purpose, recapture a sense of adventure, re-connect with love and appreciation, achieve emotional well-being. Learn to look on the bright side and enjoy a richer, healthier, more fulfilling life! Dan Baker, PhD, author of What Happy People Know and What Happy Companies Know, is a medical psychologist dedicated to the study of human behavior within an organizational setting. For the last 20 years, he has carried out his research in the perfect laboratory the world-renowned Canyon Ranch in Tucson, Arizona where he was the founding director of the award winning Life Enhancement Program. Cathy Greenberg, PhD, co-author of What Happy Companies Know is an organizational consultant and executive coach. Ina Yalof is the author or co-author of 11 books and teaches writing for Dartmouth Colleges ILEAD program.

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