



Think Happy: Instant Peptalks to Boost Positivity

Karen Salmansohn

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Stay happy—no matter how much life throws at you!

Happiness expert and Oprah columnist Karen Salmansohn presents a collection of 50 inspirational inner peptalks to boost your confidence, attitude, and mood. These peptalks are different than affirmations because they're feisty, fun and memorable--and will thereby stick in your brain like a catchy song. You'll naturally want to keep repeating them, thereby changing your neural pathways so you're inclined to think positive thoughts, which lead to positive habits, which lead to a positively happy life!

Whether you're feeling stressed, need motivation, are dealing with haters, or need to turn your tale of woe into a tale of wow, THINK HAPPY's instant peptalks and whimsical illustrations will grump-proof your brain so you can move forward with optimism, resilience, and plain ol' fabulousness.

From the Hardcover edition.

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