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A Guide to Shameless Happiness

Will Ross

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Change The Way You Feel

You Can Choose to Be Happy *A Guide to Shameless Happiness* is a concise booklet that clearly outlines practical suggestions and easy-to-follow steps showing you how to lead an ethical, rewarding, and joyous life that is guided by compassion and reason. Based on Rational Emotive Behavior Therapy (REBT), the message of *A Guide to Shameless Happiness* is that you don't have to be miserable. Shameless happiness is a commitment you make yourself to refuse to be miserable, while unapologetically and unreservedly making yourself happy at every opportunity.

Here's What This Book Can Do for You

If you're fighting anxiety or depression, trying to beat an addiction, or simply want to lose weight, the key to success is learning to think differently. Rational Emotive Behavior Therapy (REBT) is a practical, sensible, and effective approach that will help you master your thoughts and think constructively, allowing you to reach your goals and find happiness sooner. Written in plain English, A Guide to Shameless Happiness shows you the easiest and fastest way to get started. You'll learn how to use your reasoning powers to achieve personal happiness and reach your long-term and short-term goals. You'll learn the number one, psychotherapeutic technique – used by psychologists and therapists all over the world – so you can react to events in a rational and realistic manner. You can use the methods described in *A Guide to Shameless Happiness* to overcome a range of common problems and to help yourself in a variety of areas personal growth, including worry, anger, fear, unassertiveness, guilt, depression, weight control, and self-motivation.

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