

Instant Happy 10 Second Attitude Makeovers Karen Salmansohn

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Instant Happy 10 Second Attitude

The purpose of Instant Happy is to give you the tools and the motivation to choose happy thoughts—not to waste 59,999 on negative, limited thinking. No matter how busy or stressed you think you are, you always have time for a quick pattern interrupt—think of it as a ten-second attitude makeover!

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This book has mighty 10 second messages which will last a lifetime in my brain. Using a series of "happy-though intervention" Karen uses her artwork, photos, and clever sayings to help me understand that to be happy one must think positive and break through old negativity patterns.

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