



what happy people know

Dan Baker and Cameron Stauth

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What Happy People Know, by DAN BAKER, Ph D, and CAMERON STAUTH: Contrary to popular belief, we're not born happy and then taken down a peg or two by the circumstances of our lives. In fact, science has shown that the root of unhappiness lies in archaic brain impulses that serve no purpose in modern-day life. Fortunately, we've also evolved a portion of the brain capable of higher, rational thoughts that can enable us to recognize these impulses. Understanding this and learning how to avoid these happiness traps are the first steps in retraining our reactions and, eventually, our actual brain chemistry. Dan Baker, Ph.D., director of the Life Enhancement Program at Canyon Ranch, teaches you the happiness tools that thousands of his clients and patients have used to successfully avoid these traps and actually learn to be happy. Identifying the sources of your unhappiness or neurosis can be a good start, but it can't really help you resolve the issues themselves. "What Happy People Know" takes you to the next step: accepting the past, actively moving toward a future of your own design, and mastering the skills you need to feel the happiness that your life already offers you! "Dan Baker has created a book that we all have been waiting for. It is a significant, practical, insightful, easy-to-read book filled with nuggets that lead us to the road of happiness." -Gerald G. Jampolsky, MD, author of "Love Is Letting Go of Fear"

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