



Fast Track to Happiness: From fed-up to fabulous in ten days

Lynda Field

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Each of us wants to be happy but we often don't know where to start and how to continue: we need a good plan to encourage us step by step along the way. *Fast Track to Happiness* offers just such a plan to create and attract joy into your life.

Using the very latest research in medicine, psychology and social science, combined with Lynda Field's accessible, practical style, this remarkable book offers not only clear guidelines to the reader but also interesting exercises, quizzes and checklists to enable you to work out what is going wrong.

By the end of the book you will be able to:

- * Find your own strengths
- * Become an optimist
- * Discover what's holding you back
- * Get yourself onto the right path
- * Identify your purpose
- * Learn how relaxation is a key
- * Begin to feel fabulous
- * Turn towards happiness for the rest of your life

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