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The Zen of Joy: How to Rewire Your Brain for Happiness and Success. Minutes a Day to Boost Your Performance, Productivity and Profits. (Paperback)

By Matti Anttila

Fastpencil Inc, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.About the Author This is where the author has a chance to highlight his accomplishments and, by virtue of his track record, mesmerize potential readers into buying the book and possibly even reading it. I ll do what I can in that regard. But, in the interest of full disclosure, I will also show you some of the warts. This is so you know that the Joy and Bliss I am talking about is available to anyone. We don t need any qualifications. Our lives can be an absolute mess and we can still be happy, joyous and yes, even blissful. My major accomplishment, I feel, is in reconnecting with my childlike self. You know what I mean: The Inner Six Year Old. This is the character inside us all who is full of life, exuberant, always coming up with new ways to play. This is the kid who laughs lots every day, often at his own mistakes and mis-steps. This is the creative source in all of us. This is the Wise Fool who seems crazy at times, but somehow has a great...



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