



The Mechanics of Happiness: Engineering a Positive Approach to Your Life

Peter J. Levine

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The author identifies three key areas whose underlying influence upon the quality of our lives is absolutely fundamental; these are happiness, fulfillment and development. Western lifestyles have created a deficit in these three leading to a range of conditions that can easily prevent us from leading the satisfying lives we all desire. Approached in a conversational, matter of fact way the author reveals strategies, techniques and practical exercises kept secret and known only to the select few with the idea of handing control of your life back to you. The promise of this book is to return the gift of your life back to its rightful owner, you.

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