



It's All in Your Head

Stephen M. Pollan, Mark Levine

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Here are the simple truths that motivate people of any age to find and accept lasting happiness, illustrated with the stories of real people, and illuminated with the observations of spiritual leaders and great philosophers.

For more than three decades, attorney, financial consultant, and life coach Stephen M. Pollan has been advising clients and readers on the business of living—everything from home buying and employment contracts to marriage and parenting. He has taught his clients and readers to *Die Broke* (use assets rather than build up an estate), to stage *Second Acts* (reinvent their lives), and, most recently, to *Fire Your Boss* (take charge of their own work lives).

Throughout these books, Pollan stresses that attitudes as well as actions are essential to success. Indeed, over the years he realized that the happiest and most successful people he'd met were also those who were the most energetic and exuberant, regardless of their age. By noting these attributes and incorporating them in his own life, Pollan came to understand that our attitudes are not just one element of succeeding at the business of living, they are in fact the foundation of leading a happy life.

Attitude is everything.

Those attitudes most essential to our deepest satisfaction and happiness reflect what our spiritual leaders and philosophers from every major tradition have taught us. We don't have to look to external forces to validate us and give us self-worth. We already have within us all we need to find fulfillment and lead happy, satisfying lives—lives without regrets.

To finally be happy we need to accept responsibility for our own happiness. When we know the secrets are already inside us, all we have to do is start living them. With this book, we can begin now.

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Sarah Stiles:

Precisely why? Because this It's All in Your Head is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will surprise you with the secret the item inside. Reading this book alongside it was fantastic author who have write the book in such amazing way makes the content inside easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of rewards than the other book get such as help improving your skill and your critical thinking means. So , still want to postpone having that book? If I were you I will go to the guide store hurriedly.

Jorge Wilson:

Playing with family inside a park, coming to see the coastal world or hanging out with close friends is thing that usually you will have done when you have spare time, and then why you don't try point that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love It's All in Your Head, you can enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

Joe Timmons:

In this age globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The particular book that recommended to you is It's All in Your Head this publication consist a lot of the information on the condition of this world now. This particular book was represented so why is the world has grown up. The language styles that writer value to explain it is easy to understand. The particular writer made some exploration when he makes this book. That is why this book ideal all of you.

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