

[PDF] The Happiness Solution: Finding Joy And Meaning In An Upside Down World

Alan Gettis Ph.D. - pdf download free book

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Description:

Review The Happiness Solution is an extraordinary book filled with wisdom, wit, and profound solutions to creating a life of deep joy and fulfillment. Each page will make your heart dance and your soul smile. This book is perfect for anyone facing challenges and also for anyone who is seeking a deeper level of happiness and meaning in their lives. Through the use of delightful stories, Dr. Gettis is able to impart profound answers in a magical and uplifting manner. It can be read alone or read together with your family. In this very busy world we live in, The Happiness Solution is like a breath of fresh air. Truly a magnificent beacon of wisdom. --Debbie Milam: UPI Syndicated Columnist

Every once in a while, a book comes along that may change the way you live your life. Using psychology, philosophy, humor, and practical experience, Dr. Gettis will teach you that happiness is an option. You'll find this book to be a distillation of dazzling stories, myths, and anecdotes that offer a simple solution to a mundane, unhappy, or struggling life. It will awaken within you a capacity for true and genuine happiness. Dr. Gettis will show you how to remove the obstacles that interfere with your happiness. This is not only an important book, but it is a brilliant, eye-opening book. --Dr. Joseph Luciani, author of *The Power Of Self-Coaching*

First there was Elavil, then Prozac and Wellbutrin. Now, there is Dr. Gettis' remarkable new book. This book consists of a series of stories, some personal and some almost archetypal. Each story contains the potential to inspire the reader to think, feel, and behave in a self-enhancing way. This book, full of wisdom, gives countless tips and ideas to pull out of low energy and depressive states, and pull into the joy, beauty, and creativity of life. I highly recommend this book to anyone who wants to be happier and live a more spiritual and satisfying life. --Dr. Sam Menahem, President of the Association for Spirituality and Psychotherapy.

This book is intoxicating. It may change the way you live your life. --Dr. Joseph Luciani, bestselling author of *The Power of Self-Coaching*

The Happiness Solution is extraordinary. It is filled with wisdom and profound solutions. --Debbie Milam, UPI Syndicated Columnist

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About the Author Dr. Alan Gettis is a clinical psychologist who is well steeped in both Western psychology and Eastern philosophy. His previous books include *Sun-Faced Haiku*, *Moon-Faced Haiku* and the critically acclaimed *Seven Times Down, Eight Times Up: Landing On Your Feet In An Upside Down World*.

In the 1960's, Dr. Gettis was a Viet Nam-era army psychologist stationed at a military hospital. In the 1970's he was Chief Psychologist at a large mental health center in northern New Jersey. For the past 32 years, he has maintained a private practice in River Edge, NJ, where he specializes in individual psychotherapy for adults. He lives in northern New Jersey and in Cape Cod with his wife and children.

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