



Your Life Manual: Practical Steps to Genuine Happiness

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Make Happiness Your New Year's Resolution *New book guides us back to the Good Life*

Prozac. Bigger house. Faster car. Smoother skin. Thinner body. This is what today's advertisers tell us will make us happy people.

But does all of this really inspire true bliss? Author David Ambrose thinks not.

In his book *Your Life Manual: Practical Steps to Genuine Happiness*, Ambrose picks apart the ways we sabotage our own happiness in a practical, soothing style.

Written as the guide we all should have been given at birth, *Your Life Manual* eases readers back to the good life by helping them to:

- Learn how to stop self-sabotaging
- Minimize the negative effect of things going wrong
- Discover a reasonable and practical philosophy for living
- Find out how a solid foundation is a guide towards happiness
- Appreciate the difference between transitory and real happiness
- Rediscover the things that inspire happiness
- Take charge of their minds and lives
- Change the world they live in

Your Life Manual lays out a philosophy, a foundation, and simple, practical methods to guide you towards the real happiness you want for yourself - and for those you love.

About the Author: David Ambrose began asking questions about the inconsistencies that he saw around him as a teenager. A keen observer of human nature, he was fascinated by the process of motivation: why we do the things we do, and why we do not do the things we don't.

Having experience in fields as varied as accounting, information technology, design, counseling, alternative healing, hypnotherapy and philosophical study, David has found elements in each to lead him closer to his understanding of the philosophy and practice of life.

With the publication of the first web site based on his philosophy for life in 1995, David discovered far greater interest in his beliefs and the reasons behind them than he expected. This philosophy now has supporters in over 20 countries. This interest led David to being a guest on radio shows, having several articles published, speaking engagements and now writing *Your Life Manual: Practical Steps to Genuine Happiness*, his first book.

After living through most of the apartheid era in South Africa and witnessing the dawn of democracy there, David moved to Canada with his wife Melanie in 2004—the realization of a lifelong desire for them both.

They now live in Calgary, Alberta with their two dogs, Egg and Kappy.