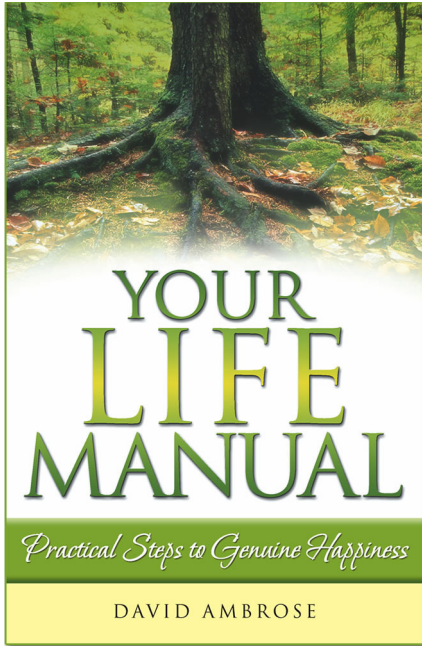


YOUR LIFE MANUAL

PRACTICAL STEPS TO GENUINE HAPPINESS

SAMPLE BOOK REVIEW



**Your Life Manual:
Practical Steps to Genuine
Happiness**

ISBN: 0-9739362-0-7
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Softcover 240 Pages
5.5 x 8.5 inches

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Everything that you do (or don't do) has the same desired outcome: Increasing your happiness.

Even so, we tend to sabotage these efforts. In this book, David Ambrose says that everyone deserves happiness, and can achieve it with a little effort and awareness. Contrary to popular belief, fame and fortune have no bearing on happiness.

Beginning with a discussion of the concepts of a philosophy for happiness which includes the little known concept of "ubuntu," *Your Life Manual* then goes on to describe a number of principles for building a happy life, describing pitfalls and explaining their effect on the human psyche.

Next come the steps referred to in the sub-title, which the reader can take to reach the desired degree of happiness. Finally, there are a number of provocative essays discussing subjects as diverse as the power of the mind, chaos theory, the role of women, discrimination, and punishment of criminals.

Additional points worth mentioning are the inclusion of the apt parable, *The Station*, by Robert Hastings, and some optional audio aids, that are available for purchase and download from the book's website, to guide the reader through some of the practical steps outlined.

A well structured book, *Your Life Manual* does a good job of describing not only *what* you can do to enhance happiness, but also *why*.

This truly *could* be your life manual!

Journalists: David Ambrose welcomes interview requests. For print or radio interviews and personal appearances, see contact details in the column on the left.

Written answers to these questions are available if you prefer.