

“Awaken the Sleeper Within...”

Strive to be Happy!

by Frank Losik

...to Create a Happier Life”

Strive to Be Happy!: Awaken the Sleeper Within to Create a Happier Life

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A step-by-step guide designed to help the serious traveler on the journey of life to identify his or her life goals, to create a plan for achieving them, and to begin putting those plans into effect. It is written in plain, every-day language, and is broken down into bite-sized, easy to digest chapters that provide essential background information, as well as easy-to-understand strategies to help the reader get through his or her current crisis, successfully. The book is divided into a number of segments. It begins with The Basics, which suggests a primary life goal of personal happiness and reviews the underlying principles of human development. Next comes Tips on Types, which explains and expands on the psychological type theory of Carl Jung, popularized by the Myers-Briggs Type Indicator. Who Am I?, which follows, uses a brief quiz game to identify the reader's personality type. This is followed by another short, game-like segment, What Do I Want?, that helps to clarify values. How Can I Get It? is a detailed blueprint for personal development. Mutual Support outlines the skills needed to nurture long-term, mutually supportive relationships. And, finally, We Need to Talk! teaches specific, essential communication techniques.

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