

# Simple Steps to Happiness

by  
**Rosie Hamilton-McGinty**

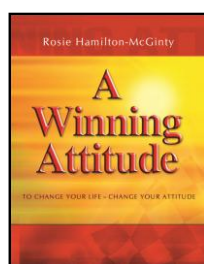
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*“Someone once said to me that people are as happy as they make up their minds to be. I believe that happiness is paramount in our daily lives, and that everyone feels more comfortable being around a happy person, given the choice.”*

Practical, inspiring advice in bite-size form to be used in every day life from the self-awareness coach and best-selling author ...

#### **This little book offers guidelines to help you**

- De-clutter your mind of negative and unhappy feelings
- Believe in yourself and your abilities, and enrich your life through those around you
- Take responsibility for your future, and steer your life to where you want it to go
- Balance work and leisure and discover the perfect recipe for a happier self.



**Rosie Hamilton-McGinty** is a self-awareness coach and the best-selling author of *A Winning Attitude* (published in 2004; ISBN: 1 84024 404 6; paperback, 128 pages, £2.99). Rosie has run her own personal development business since 1992, featured in newspapers and magazines – and has appeared on television and radio. A trained stress-management consultant, counsellor, spiritual advisor and speaker, she has a strong and passionate background in spiritual development and psychology.

*Simple Steps to Happiness* and *A Winning Attitude* are published by Summersdale and available through all good bookshops and internet booksellers or by telephoning Summersdale.

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