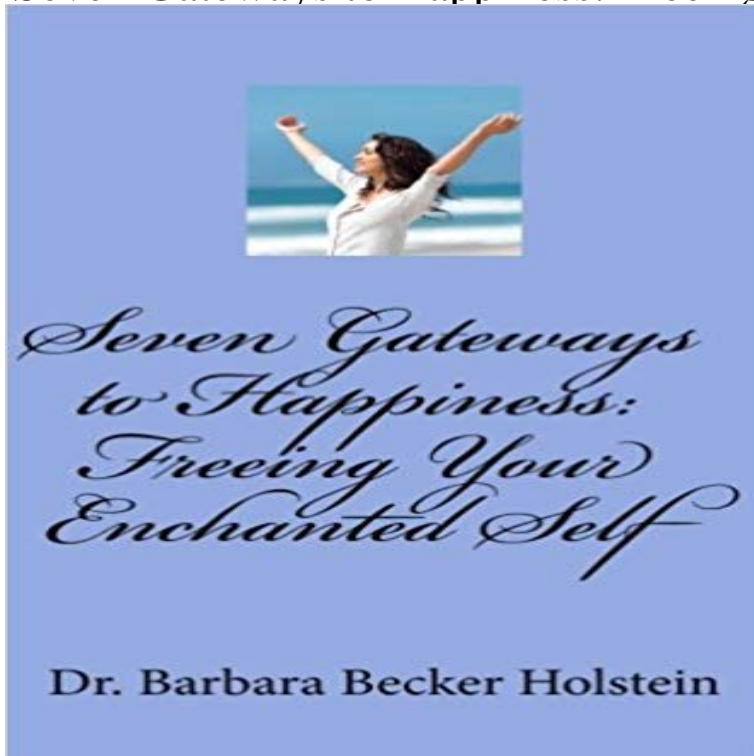


Seven Gateways to Happiness: Freeing Your Enchanted Self



Seven Gateways to Happiness is the synthesis for women of THE ENCHANTED SELF(R), a systematic way of bringing more joy, purpose and meaning into your life. Dr. Holsteins pioneering research and case study analysis in the field of positive psychology led to Enchanted Self methods that she has been teaching women for the last 20 years. This book is a self-esteem handbook to treasure and live by. As you incorporate each of the Seven Gateways to Happiness, you quickly find yourself becoming more confident, fulfilled and empowered. You recognize the best in yourself while tapping into your strengths, talents and potential. Case studies from Dr. Holsteins vast library of real stories, both in and out of the treatment room, and practice activities for each of the seven gateways expand theory into hands on learning and practice for you. Enjoy Freeing your Enchanted Self!

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