Self-Help: General

January 1, 2010

BOOKS:
When Perfect Isn’t Good Enough: Strategies for Coping With Perfectionism
This Is Your Brain on Joy: A Revolutionary Program for Balancing Mood, Restoring Brain Health, and Nurturing Spiritual Growth
The How of Happiness: A New Approach to Getting the Life You Want
The 100 Simple Secrets of Happy People: What Scientists Have Learned and How You Can Use It

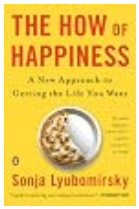
Books



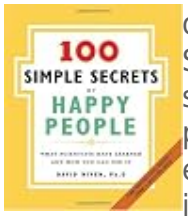
When Perfect Isn’t Good Enough: Strategies for Coping With Perfectionism
by Martin M. Antony
This revised and updated edition of When Perfect Isn’t Good Enough offers the benefits of the latest research to readers who dread making mistakes and feel that nothing they do is quite good enough.



This Is Your Brain on Joy: A Revolutionary Program for Balancing Mood, Restoring Brain Health, and Nurturing Spiritual Growth
by Earl R. Henslin
What does the latest research in brain science and brain imaging say about our ability (or inability) to experience joy and happiness? Is our lack of joy a sin problem or a brain problem? In this life-altering book, Dr. Earl Henslin reveals that to enjoy our lives to the fullest, to become more loving, more Christ-like, we need to become more capable of healing and nourishing our brains. Many problems, long thought of as spiritual in nature--anger, depression, mood swings, anxiety, addictions--are often the result of a sick brain that cannot comprehend a good and loving God. This Is Your Brain on Joy shares exciting new findings in neuroscience that are spiritually sound, showing us how to care for our brains so we not only more effectively use them to glorify God but also experience His love.



The How of Happiness: A New Approach to Getting the Life You Want
by Sonja Lyubomirsky
A groundbreaking, practical guide to attaining happiness based on innovative scientific research, The How of Happiness is a powerful contribution to the field of positive psychology and a gift to people who have sought to take their happiness into their own hands. Drawing upon years of her own pioneering research with thousands of men and women, psychologist Sonja Lyubomirsky reveals that much of our capacity for happiness is within our power. Detailing an easy-to- follow plan, including exercises in new ways of thinking and understanding our individual obstacles, The How of Happiness offers a positive and empowering way to sustain a new level of joy in our lives.



The 100 Simple Secrets of Happy People: What Scientists Have Learned and How You Can Use It
by David Niven
Scientists and academics have spent entire careers investigating what makes people happy. But hidden in obscure scholarly journals and reports, their research is all too often inaccessible to ordinary people. Now the bestselling author of the 100 Simple Secrets series distills the scientific findings of over a thousand of the most important studies on happiness into easy-to-digest nuggets of advice. Each of the hundred practices is illustrated with a clear example and illuminated by a straightforward explanation of the science behind it to show you how to transform a ho-hum existence into a full and happy life.
• Believe in yourself: Across all ages, and all groups, a solid belief in one’s own abilities increases life satisfaction by about 40 percent, and makes us happier both in our home lives and in our work lives.
• Turn off your TV: Watching too much TV can triple our hunger for more possessions, while reducing our personal contentment by about 5 percent for every hour a day we watch.

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