



It's All in Your Head: Thinking Your Way to Happiness: The 8 Essential Secrets to Living a Life Without Regrets

Stephen M. Pollan, Mark Levine

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Here are the simple truths that motivate people of any age to find and accept lasting happiness, illustrated with the stories of real people, and illuminated with the observations of spiritual leaders and great philosophers.

For more than three decades, attorney, financial consultant, and life coach Stephen M. Pollan has been advising clients and readers on the business of living—everything from home buying and employment contracts to marriage and parenting. He has taught his clients and readers to *Die Broke* (use assets rather than build up an estate), to stage *Second Acts* (reinvent their lives), and, most recently, to *Fire Your Boss* (take charge of their own work lives).

Throughout these books, Pollan stresses that attitudes as well as actions are essential to success. Indeed, over the years he realized that the happiest and most successful people he'd met were also those who were the most energetic and exuberant, regardless of their age. By noting these attributes and incorporating them in his own life, Pollan came to understand that our attitudes are not just one element of succeeding at the business of living, they are in fact the foundation of leading a happy life.

Attitude is everything.

Those attitudes most essential to our deepest satisfaction and happiness reflect what our spiritual leaders and philosophers from every major tradition have taught us. We don't have to look to external forces to validate us and give us self-worth. We already have within us all we need to find fulfillment and lead happy, satisfying lives—lives without regrets.

To finally be happy we need to accept responsibility for our own happiness. When we know the secrets are already inside us, all we have to do is start living them. With this book, we can begin now.

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