

Press release:

**ARE YOU HAPPY NOW?  
10 WAYS TO LIVE A HAPPY LIFE  
by Barbara Berger**

*Published by O-Books (an imprint of John Hunt Publishing)*

In Barbara Berger's much acclaimed book "Are You Happy Now? 10 Ways to Live a Happy Life", she asks readers "What is preventing you from being happy now?" And then she proceeds to take a look at all the things we think and do that prevent us from living happy lives right now. And readers around the world report that Berger's 10 ways are really helping them live happier lives. (The book is already published in 14 languages).

The book's basic premise is that our thoughts determine our experience of reality—and understanding this is the key to living a happy life. This is a revolutionary way of looking at life because most people believe that outer conditions are the reason why they are unhappy. But if outer conditions are not the cause—what is?

Berger presents 10 practical ways to use this understanding in our daily life, our relationships, at work and for our health. And she gives examples from her own dramatic life since leaving America at the young age of 18 in protest against the Vietnam War and settling in Scandinavia to her lifelong exploration of the power of mind and the nature of consciousness.

**Cosmopolitan magazine:**

"Here's some real news – a self-help book that actually gives you some help! It doesn't make you think that you are doing EVERYTHING wrong, but shows you how you can—with simple adjustments in your way of thinking—make everything (in life) must easier for yourself. At the same time, the book is filled with easy-to-understand case stories so you better understand Barbara Berger's wise points. The book ends with 10 simple exercises that are designed to help you change your view of life. And Berger isn't even holy... clearly a MUST read!"

**About Barbara Berger**

American-born Barbara Berger is the bestselling author of **The Road to Power / Fast Food for the Soul** which has now been translated to 30 languages. She is also the author of **Mental Technology, Gateway to Grace, The Spiritual Pathway, The Awakening Human Being**, and her latest book **Sane Self Talk**. Barbara lives in Copenhagen, Denmark and lectures regularly in Denmark and other countries. She also gives private sessions to people who want to work intensely with her.

For more about Barbara Berger see [www.beamteam.com](http://www.beamteam.com)

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