



## Make The Right Choices

*Anna Gallotti, Maryvonne Lorenzen*

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We make choices every day, from the simplest to the toughest. Considering all the opportunities life offers, the question is not only WHAT to choose but HOW to choose what will make us happy, without regrets, without being weighed down by education, conventions and the desire to please.

In this book you are going to discover

- The SEVEN STEPS leading to good choices.
- The keys to choices that are "GOOD FOR YOU".
- Who you really are, your qualities and your flaws, the influence of your education, your values, your experience, your emotions, your body, your spirit and all those factors that make you UNIQUE in the world.

With practical tools and exercises, the authors lead us toward a greater SELF-AWARENESS and show us how to make choices that can contribute to a better life.

"Combining philosophical reflections and psychological research, storytelling and practical tips, Make the Right Choices is a blueprint for a happier and more fulfilling life. The first right choice I recommend making is reading this book!"

Tal Ben Shahar, professor at Harvard University, positive psychology expert and author of the international bestsellers Being Happy and Choose The Life You Want.

"Happy choices, wise choices, painful choices: in this book you will find helpful tips on making decisions that will enrich your life and the lives of others."

Christophe André, psychiatrist, psychotherapist and author of the international bestsellers Looking at Mindfulness: 25 Ways to Live in the Moment Through Art and The Power of Self-esteem.

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