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METHOD FOR CREATING HAPPINESS FROM  
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for Creating Happiness from Within] BY Mellin,  
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*Laurel Mellin*

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Binding: Paperback Pub Date: June 15, 2010 Annotation: "In 'Wired for Joy', researcher and New York Times best-selling author Laurel Mellin presents a simple yet proven way to train your brain to move through stress and back to joy. Her method focuses on rewiring the emotional brain--the cauldron of our stress--rather than the thinking brain, which has been the focus of most other stress-busting methods. Based on the cutting-edge science of neuroplasticity, Mellin outlines the five emotional states of the brain. For each state, she presents a specific tool that easily and quickly switches the brain back to well-being--in essence, retraining your brain to be in joy more moments of the day" --Cover, p. 4.

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