



Radical Joy: How to Live Like There s No Tomorrow

By Phyllis Coletta

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The stories and the science agree: an authentic life of meaning is the path to joy. But how to get there? Using lessons from the dying, the living, and the brave Phyllis Coletta explores fascinating subjects like what people most regret on their deathbed and how trauma can lead to positive growth. Using the hallmarks of behavior, skills, and beliefs of these stories she then offers a framework for building a life of Radical Joy - along with tests, questions, lists and the Top Ten Habits of the Healthy - you ll find a way to commit to making the big changes necessary to live a life of meaning and happiness.



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