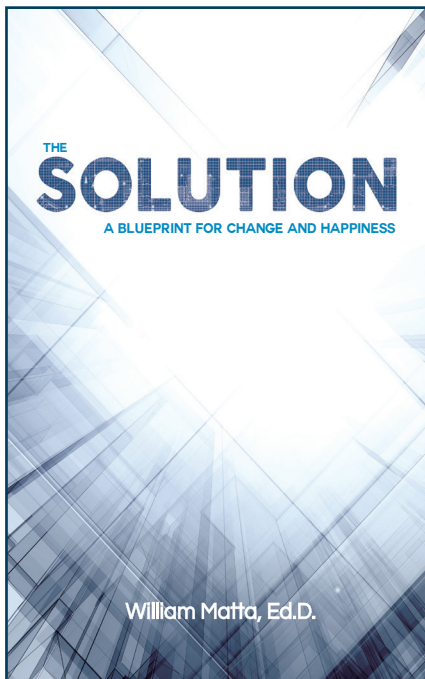


# THE SOLUTION

A BLUEPRINT FOR CHANGE AND HAPPINESS



Wanting to be happy and understanding how to pursue it can often require changes that leave many of us frustrated and unfulfilled. Most people tend to resist and fear change, even when it can help. Dr. Matta hopes to encourage and enlighten readers toward breaking down barriers to happiness.

Our thoughts have actual physical properties that can make us or break us.

~Dr. William Matta, EdD

**Section One:** *The Solution*, presents techniques to alter your life and produce quick, long-lasting, positive results.

**Section Two:** *A Blueprint for Change and Happiness*, will show the reader how to apply the four laws of cognitive restructuring techniques to specific problems in their lives, as well as improving their marriage, relationships, and how they raise their children.

#### Included in the book:

- Four pivotal **laws of transformation:**  
Association, Resistance, Motivation, Attraction
- Introduction to the powerful modality of **mindfulness**
- How to **“emotionally reset”** while in crisis
- Techniques proven to be **more effective than medication**

**William Matta, EdD**, is a psychotherapist, college professor, and author. He is a Mental Health Consultant to school districts, universities, and professional associations. His media outlets have included radio, magazine, and public television. His first book, *Relationship Sabotage*, was distributed worldwide. Dr. Matta has been nominated by Psychology Today magazine as one of America's Best Therapists.

“Everyone wants to embrace happiness and their dreams, and can, if they only know how!”

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