



The Power of Positive Choices: Adding and Subtracting Your Way to a Great Life

Gail McMeekin

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The author of *The 12 Secrets of Highly Creative Women* is back, helping readers to create the power of making positive choices that enhance well-being and fulfillment.

The world is on overload, at least from our modern-day Western perspective. Gail McMeekin believes that we can effectively reduce stress in our lives and bring more meaning into them, and she has developed a program to help people to do just that by showing them the power of making positive choices. Readers are taught to see their Serenity Stealers--issues, habits, people--that need to be "subtracted" from their lives. With those negative life choices gone--choices that depleted their energy and sidetracked them from their goals--readers are shown how to make positive life choices.

Carefully selected and added one at a time, these life choices will bring them closer to the joy and meaningfulness they need and desire. *The Power of Positive Choices* is short and brief by design. Filled with probing questions and helpful self-tests, McMeekin shows us how, by making positive choices, to delete "serenity stealers" and multiply our happiness.

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