

[PDF] Happiness Rehab: 8 Creative Steps To A More Joyful Life

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Description:

About the Author Mary Schramski, Ph.D., is the author of fourteen published novels, among them "Jason:Gatsby, A Novel," and one non-fiction book, "Love Letters." She has developed numerous creative writing courses and workshops, including Poetry for Adolescents, Group Dynamics, and Sensory Creative Diving (SCD). As a thirty year professor, Teacher of the Year and thoughtful creative coach, she enjoys watching people's creativity blossom. Mary is dedicated to helping others enhance their lives with joy. She lives in Nevada where she writes and conducts creative workshops. Jennifer Archer is the author of numerous fiction and non-fiction works. Her novels have been nominated for Romance Writers of America's prestigious Rita Award, Romantic Times Bookclub's Reviewer's Choice Award, and the Texas Library Association selected her as a featured author for

their first Spirit of Texas Reading Program for her young adult novel "Through Her Eyes." A true believer in the creativity/happiness connection, Jennifer enjoys teaching creativity and creative writing workshops and blogging at her website jenniferarcher.com. She lives in Texas with her husband and two dogs.

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