The Path to Me – New Book Teaches How We Can Create Our Own Happiness

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In her new workbook The Path to Me, Rose Kuonen reveals possibilities for influencing one's own happiness.

Rose Kuonen’s work, The Path to Me, teaches readers how to take their destinies into their own hands. A third of all people do not know themselves well enough to use the power they have over themselves. Kuonen shows that the things that happen to us only make up about 10% of our lives, while the remaining 90% of life consists of our reactions to those events. As such, our problems do not lie in the external world but rather are deeply rooted in our inner world. Most of us, however, do not yet know how to adjust our reactions to these experiences so that we can find happiness and joy in our lives. Many times we don’t even realize that we are reacting to something but rather feel that we are at the mercy of the events taking place around us. Using examples from life, Rose Kuonen explains the enormous difference our reactions can make and what beneficial reactions are possible.

The Path to Me by Rose Kuonen is a self-therapy workbook based on psychological principles that provides solutions to the causes of our problems, as well as guidelines, themes and instructions for actions that enable readers to bring real changes to their lives. Therapist Rose Kuonen provides her readers with friendly encouragement and supports each step of the way. Her workbook is easy to follow, and readers will feel as though they are being accompanied by a trusted friend. Meanwhile Kuonen explains the possibilities for dramatically changing the direction of our lives.

The Path to Me is now available for order from tredition publishers or, alternatively, under
For more information about the book, please visit: www.tredition.de