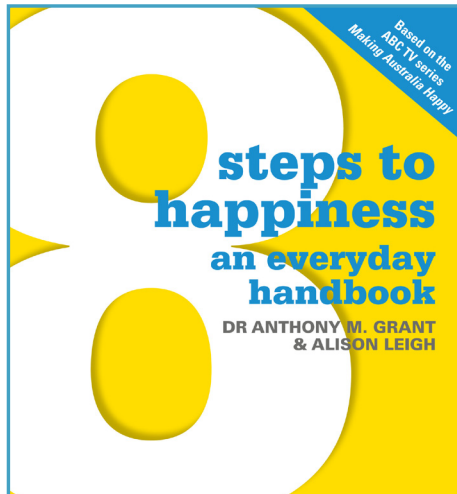


MEDIA RELEASE

Victory Books are about the here and now – the famous and the infamous,
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8 STEPS TO HAPPINESS

An everyday handbook

by Dr. Anthony M. Grant and Alison Leigh

Based on the hit ABC TV series *Making Australia Happy*, this practical, everyday handbook shows you how to become a happier person in just eight weeks. The simple exercises and activities in *8 Steps to Happiness* are profoundly effective and scientifically proven, and can lead to measurable physiological changes, from improved immune function to better sleep and increased physical strength. The 8 steps program gives you no-nonsense tools to make real change in your life.

Using these techniques, you too can be on the road to a happier, healthier and more fulfilled life. And be warned: happiness is contagious!

The series, *Making Australia Happy*, reached 1.76 million viewers over its three-week run and the official website received 1.2 million page views in the month following broadcast. Over 45 000 users have registered on the website and taken the Happy 100 and well-being tests.

Dr Anthony M. Grant is recognised globally as a key pioneer of Coaching Psychology. He is director and founder of the world's first Coaching Psychology Unit at Sydney University. His books on evidence-based coaching have been translated into eight languages.

Alison Leigh is the editorial director of the World Congress of Science and Factual Producers, and has been a journalist and broadcaster for more than three decades in the UK and Australia. She has played a leading role in producing science television programs in Australia (*Quantum*, *Catalyst*), and serves on the advisory council of the Australian Science Festival.

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01 August 2011

Dr. Anthony M. Grant and Alison Leigh are available for interviews throughout August.

For more information please contact **Olivia Blake** at MUP on 03 9342 0322 or 0406 998 030, or email oblake@unimelb.edu.au

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