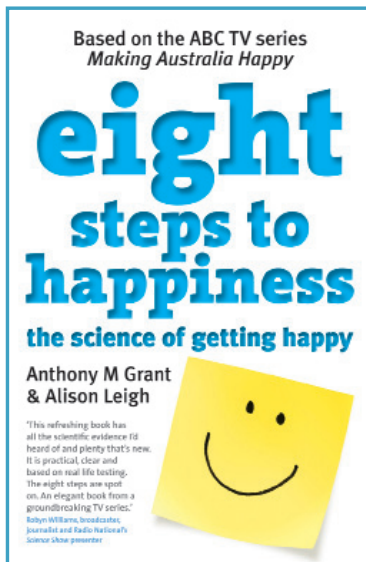


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Dr. Anthony M. Grant and Alison Leigh will be available for interview in October.

For more information please contact **Terri King** at MUP on 03 9342 0319 or 0406 998 020, or email taking@unimelb.edu.au

EIGHT STEPS TO HAPPINESS

by Dr. Anthony M. Grant and Alison Leigh

Eight Steps to Happiness is the companion volume to a three-part ABC television series, Making Australia Happy, that goes to air in November 2010.

Is happiness really all in the mind?

Why are some people always happy while others seem doomed to a life of misery?

Is it love, money, looks or genes?

Scientists have discovered that happiness isn't just a fleeting emotion or a quality that some fortunate people are born with. Happiness is a skill that can be cultivated, and the positive effects can be seen in our brains, bloodstreams and behaviour.

Eight Steps to Happiness is a practical, scientific guide to becoming a happier person in just eight weeks.

The exercises and activities in *Eight Steps* are simple but profoundly effective and scientifically proven. As the eight volunteers in the ABC TV series *Making Australia Happy* have shown, *Eight Steps* leads to measurable physiological changes, from improved immune function to better sleep and increased physical strength. The Eight Steps to Happiness program gives you no-nonsense tools to make real change in your life.

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

Dr. Anthony M. Grant, is recognized globally as a key pioneer of Coaching Psychology. He is the 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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