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Eight Steps to Happiness (Tony Grant & Alison Leigh, Victory Books, \$34.99 pb, ISBN 9780522858037, October)

★ ★ ★ ★

This book accompanies the ABC TV series of the same name. It is a synthesis of current thoughts in the areas of mindfulness and happiness, laid out in an eight-step program aimed at the average person on the street. This is not a quick-fix book, but one that invites the reader to make serious incremental changes. It is written in a clear way that explains concepts and decodes the jargon associated with this subject. The authors, Tony Grant and Alison Leigh, have also included a very interesting 'Behind the Program' section that explains the science around some of the happiness literature. I found the stories of the volunteers who took part in the TV program fascinating and motivating. The use of sidebars throughout the book is useful as they offer additional information without

distracting from the main text. This book reminded me of the *CSIRO Diet Book*; it is well laid out, easy to understand and serious in its approach to its subject, with a clear Australian stamp on it. This book should sell well to fans of the TV program and I think deserves a place as a backlist stayer once it has finished screening.

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