



## 100 Ways to be Chirpy By George Brazel

978 1 906251 79 6 £6.99 Hardback 128 pages Publication 1 January 2017

- Beat the January blues with 100 reasons not to be downcast
- Short and sweet advice from a trained and experienced psychiatrist
- The first in our exciting, brand new series of Dip ins in a nutshell books to inspire and guide

Are you a half-full or a half-empty person? How would you like to know the secrets of how to look on the bright side? Would you like a direct line to Cloud Nine?

Until that lottery win arrives we all of us need some inspiration to keep us going. This pocket-sized volume is written a trained psychiatrist with an understanding of Eastern wisdom. Full of practical tips and a zen-like simplicity, it contains all you need to know to get your life on track. As our grannies always told us, there really is a lot to be cheerful about in life. It just depends how you look on it.

## **NEW FROM LITTLE BOOKS – DIP INS**

Inspirational books to keep in a pocket or handbag that can be fished out and consulted when it is raining and the wintry blues are all getting a bit too much.

Other titles will include 100 Ways to Get to Sleep, 100 Ways to Relax, 100 Hot Sex Tips, 100 Ways to Get Fit, 100 Ways to Stay Young and 100 Ways to be Thin.

## About the author

George Brazel spent two years living with Buddhist monks in Tibet before embarking on a life of offering advice and wisdom to patience in his New York practice on a range of dilemmas. This is his first book.

Max Press Ltd • 63 Warwick Square • London SW1V 2AL • Email: info@littlebooks.net