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How to Design a Life Worth Smiling About: Developing Success in Business and in Life

Darryl Davis

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How to Design a Life Worth Smiling About: Developing Success in Business and in Life Darryl Davis **Bestselling author Darryl Davis helps you meet any challenge with a positive outlook--and provides scientifically proven reasons why this generates very real benefits in business and in life.**

If you are wondering why you don't smile more in your life, then you may need to take a close look at *why* **you do** the things you do and *why* **you don't** do the things you know **you should**.

What *would* make you smile? Starting and running your own business? Taking your corporate career to the next level? Spending more personal time with family and friends?

Whatever facet of life you feel stuck in, *How to Design a Life Worth Smiling About* will pull you out of the rut and get your wheels moving in the right direction.

Motivational speaker and success coach legend Darryl Davis shares his proven, no-nonsense program for making strategic changes to dramatically improve your life and increase your sense of purpose. Based on a unique and powerful combination of brain science, timeless wisdom, and good old common sense, *How to Design a Life Worth Smiling About* helps you:

* Identify negative automatic thoughts and take control of them
* Replace bad habits with good ones using scientifically proven methods
* Take full responsibility for your life, helping you feel more in control of your circumstances
* Form relationships with positive people
* Free yourself from the fear of change and let go of the past

And the best part is, this is all a lot easier to accomplish than you think! You just have to take it step by step--and Davis serves as your personal guide to every point in the journey.

"When you do something you enjoy, the actual work is the reward," Davis writes. *"The success and money will come later."* The lesson is to focus on yourself and your potential, not the aspects of life you're unhappy with. Sometimes, things really are quite simple.

Filled with hands-on exercises for brainstorming, focusing, and putting your ideas into action!

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