



Successful But Something Missing: Daring to Enjoy Life to the Full

Ben Renshaw

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This book is aimed at anyone interested in improving and enhancing their quality of life. So often our greatest motivator is to be 'successful' - and we strive mightily to achieve a long list of things - a good job title, a car, a house, a relationship etc. - only to feel disillusioned and empty once we've got them. Ben Renshaw shows how true fulfillment comes from finding a healthy balance between the spheres of mind, body and soul. He explains: *the principles of happiness *the confidence need not be a problem *the art of relationships *how to make you 'vocation your vacation' *that developing a sense of humour is essential With a refreshing honesty - and a thoroughly fresh approach - Ben Renshaw offers many practical solutions, much wisdom and many answers to the questions which most of us ask about our hurried, stressful often baffling lives today.

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