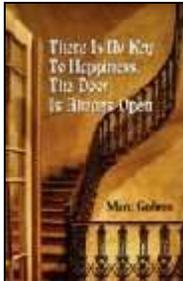


Another *Review* at MyShelf.Com



There is No Key to Happiness, The Door is Always Open

by Marc Gohres

I found *There is No Key to Happiness, The Door is Always Open* to be a very helpful and informative book. Don't be fooled by its small size, the lessons taught in this book are huge and powerful life lessons.

This book has been helpful to me and will be to anyone who seeks to find peace within themselves. Marc Gohres writes clearly and in an easy to understand and put into practice format. *There is No Key to Happiness, The Door is Always Open* is a keeper! Full of wisdom and insight, this book has motivated me to take control of my thoughts and my life.

One of my favorite lessons in this book is the advice to learn to look at things from a different perspective. I am able to always find a positive spin in any situation that I focus on. Instead of seeing the glass as half empty I can change my perspective and now see the glass as half full. The more I practice doing this the easier it will become.

My thoughts affect my attitude and my attitude is what influences my mood. My focus needs to be on what I am grateful for and for what is good around me. Negative thoughts are bad energy. Good energies are strong and always defeat the negative -just as sunlight will always eliminate the darkness. Insults are a very low level energy that will bring back a like response. Constantly reinforcing positive things will attract more positive things into my life.

My mind can be my best friend or it can be my worst enemy. It's important to make the decision to enjoy myself in whatever I am doing at the moment and to never accept

The Book

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Excerpt

NOTE:

The Reviewer

Connie Harris

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NOTE:

failure as an option.

There are no problems, only solutions. Lessons learned that have just made me stronger. There is no such thing as failure, only a lesson learned. A problem is simply something to be solved. The more I focus on what I can control (such as choices), the more control I have.

When I live my life without feeling the need to "please" others, then I have achieved self-love and acceptance. What freedom! Regardless of what someone else's opinion of me is, I know who I am, therefore, their opinion does not concern me. If there is a problem, the problem is theirs, not mine. I have accepted me.

These are just a few of the simple and powerful tools Marc Gohres shares in his book *There is No Key to Happiness, The Door is Always Open*.

This book is a real treasure! I highly recommend it for anyone who seeks self-improvement and freedom from "people pleasing."

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