



## About The Book

### ***From Hired to Happy: Secrets to a Vibrant Career and a Fulfilling Life***

From Hired to Happy is for women and men who want to be successful at work, have a high degree of personal well-being (be happier), and do both from a place of authenticity. The essential messages of the book are:

- Both strong professional skills **and** techniques to manage your thoughts and emotions are required to be successful in the workplace
- You have a lot of control over your level of happiness
- You also have a lot of control over how successful you are in your career
- You are the same person at work and in your personal life (even if you don't think so)

This book will show you how to increase your lasting happiness and build solid professional skills.

#### ***From Hired to Happy:***

#### ***The Secrets to a Vibrant Career and a Fulfilling Life***

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