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**For an interview with the author
or review copies of *Shift Happens!*
please contact Karrie Hyatt,
Jeffers Press**

***SHIFT HAPPENS! Powerful Ways to Transform Your Life*
“A book that reaches out and gives you a hug!”**

Santa Monica, CA: Yes, this book can truly reach out and give hugs, as one reviewer suggests. *Shift Happens! :Powerful Ways to Transform Your Life* (Jeffers Press, \$9.95, ISBN 0-9777618-2-7) is a wonderfully encouraging book...a shot in the arm for those who need to change their outlook and make a positive shift in their whole approach to life.

The author, **Dr. Robert Holden**, shows that happiness – life’s number one goal – can be increased by making small, consistent changes in the way a person thinks. And as a person’s thinking changes, so does that person’s life. As Robert says, “*Shift Happens!* is about staying open all hours for miracles. Success, love and happiness are only ever one thought away at most. One new perception, one fresh thought, one act of surrender, one change of heart, one leap of faith, can change your life forever.”

As a leading psychotherapist and “happiness” expert, Robert teaches that every person is worthy of a joy-filled life and, through our ability to “change” our mind, *anyone* can achieve amazing inner peace and power. Using an entertaining and inspirational blend of stories, insights and practical exercises, the author clearly guides his readers to the better, happier life they deserve. For instance, the following gem is extracted from the chapter entitled “*Give Up Your Fear of Giving*”:

“I was at my health club on an exercise bike pedaling fast to nowhere when James first introduced himself to me. I will never forget that moment for as long as I live.

I was nearing the end of a grueling ninety minute workout. I was in a sweat, in a world of my own, and the last two minutes of the cycle program were feeling like forever. Sometimes I swear I can make time go backwards when I exercise! I had not noticed James and his companion enter the gym, so I was greatly surprised when James slapped me on the back and shouted, “Hellooo.” It took all my balance just to stay on the bike!

James’s hearty, open manner left me abashed. “Why pick on me?” I thought. As it turned out James didn’t just pick on me. I watched him enthusiastically introduce himself to every person in the gym. “Hellooo,” he said to the man who almost fell off the treadmill. “Hellooo,” he said to the man who almost dropped his

dumbbells. “Hellooo,” he said to the most attractive woman in the gym whom no man dared talk to.

James aimed his great big smile at everyone he met, and within moments he was talking to people I had never spoken to in months of visits. I was so impressed. James was so natural, so present, and so open with everyone. “That’s how I want to be,” I thought. Come to think of it, I probably was like that once.

James is diagnosed with Down’s syndrome. According to society he is deficient and ill. He is certainly different, but I saw no trace of lack. That day in the gym he was more unconditional, loving, and communicative than the rest of us “well people” put together. James gave himself fully and he got the best of us in return. He had no fear of giving.

I believe the purpose of life is to be like James. You are a gift-bearer, blessed with gifts of God, and you are here on earth to live fully and give fully—not just things, but *who you are*. *You are the gift*. My work has shown me over and over again that when people do not give themselves fully they experience lack, struggle, discontent, emptiness, isolation, and illness. Do not sit on your gifts.”

This is only one of the many eye-opening stories that Robert tells in ***Shift Happens!*** Each of the 50 concise chapters is filled with wisdom and clearly tackles fundamental, everyday concerns that can undermine enjoyment and fulfillment. Included is a wide range of themes such as confidence, creativity, fear, success, relationships, forgiveness, control, struggle and so much more.

Robert’s work has been praised by many, including Deepak Chopra who said, “Robert is a gifted teacher. His work transforms lives.” And, Richard Carlson, author of *Don’t Sweat the Small Stuff*, who said, “If you want to get from where you are to where you want to be, read ***Shift Happens!***”

About the Author:

Psychotherapist, **Robert Holden, Ph.D.**, is the author of ten books, published in fourteen languages, including the best-selling *Stress Busters*, *Happiness NOW*, *Balancing Work & Life* and *Success Intelligence*. He has given over 1,000 TV, radio and press interviews worldwide, and for two years he had his own “Stress Busters” phone-in radio show with the BBC. Founder of the Happiness Project, his innovative work has been the subject of two major TV documentaries, *How to Be Happy* and *Stress Busters*. In addition, he has conducted major training seminars to thousands of professionals over the years and has coached leaders in the fields of business, education, healthcare and sports. He has given public lectures worldwide and has shared platforms with many leading American authors including Wayne Dyer, Patch Adams, Alan Cohen, and Deepak Chopra. Robert lives in London, England. Visit his web site at www.happiness.co.uk.

About the Book:

Shift Happens!: Powerful Ways to Transform Your Life is being published in paperback in October 2006 by Jeffers Press (ISBN 0-9777618-2-7, \$9.95).

For more information, visit www.jefferspress.com