

# Unstoppable Joy!: A Happier You in 12 Simple Steps

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Are uncertainty and worry making you feel life is out of control? Do you feel like something is missing but can't quite put your finger on what?

In this groundbreaking work, Ed Osworth, the 'Joy Professor'; teaches a powerful and non-religious technique to help you uncover hidden reserves of joy and reclaim a life of consistent and growing happiness. Unstoppable Joy! is specifically written for those looking for the quickest results with the least amount of philosophy and fluff.

Yes, it's true! This simple, 12-step program really can help you maintain a blissful and productive state of mind in spite of daily challenges, without guilt, judgment or blame.

With incisive wit and logic, Ed and co-author Jenifer Kay Hood help you reprogram your life from despair and cynicism to a life of Unstoppable Joy! By understanding and applying Ed's Law of Perception and other techniques, you'll soon discover how it feels to be free from fear and uncertainly forever, as you build your inborn capacity for better health, greater wealth and more loving relationships.

Ed Osworth is an entrepreneur, marketing professional and author of the best-selling trade book Real Estate Secrets.

Yet in spite of his many career successes, Ed realized something was missing from his life and the lives of most people he met.

Then, one cold and dreary Christmas Eve, Ed discovered the missing link was Joy. Inspired by this epiphany and desperate for change, Ed dove into the science of joy creation with the zeal of a scientist working on a cure for cancer. Soon he realized that joy was not only an attainable goal but also our natural state of being.

Feeling honor bound to share his discovery he called upon his old friend Jenifer Kay Hood, an award-winning writer, business coach and kindred spirit whose background in literature and education would be invaluable in structuring the material he wanted to share. Working together, Ed and Jenifer created an easy to understand and apply textbook on how anyone can live in a state of Unstoppable Joy!

Review: Ed Osworth's slim volume helps readers get a quick overview of what he calls, 'the science of joy.' The book, co-authored by award-winning writer Jenifer Kay Hood, takes readers through what

Osworth considers the necessary 12-Steps to achieving a life of Unstoppable Joy! While some of the material is familiar, some of the book covers new and interesting ground, especially the way in which he suggests making friends with &#x201c;wonderful Mr. Death&#x201d; and rants about the destructive influence of the media on your internal joy.

The book is filled with examples that are familiar enough to generate confidence, flashes of great humor and compassion, and analogies that help the reader take in messages that are often too esoteric for the average reader when presented in other self-help or new thought works.

Part Noam Chomsky, part Wayne Dyer, part Eckhard Tolle with a smattering of The Secret, Unstoppable Joy is the kind of thought-provoking read that inspires and motivates people toward a better life.

--Alison Caldwell, Oakridge Mountain Echo

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