



How to Get Whatever You Want Out of Life

Dr. Joyce Brothers

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Psychologists have amassed a tremendous amount of information about people. What makes them angry, what frustrates them, what makes them coo with pleasure. We know why some people succeed and others do not.

But psychological findings can also -- and should -- be used to enrich the lives of people who are healthy and vibrant, to make their lives even more joyful.

In the following pages, I outline key psychological findings and techniques and explain how you can use them to attain your own goals. There is nothing esoteric about the techniques that I recommend. They are scientifically based, absolutely straightforward and uncomplicated. There are no gimmicks here. No false promises. You can put what you learn to work immediately. And you can use this knowledge to get whatever you want out of life.

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