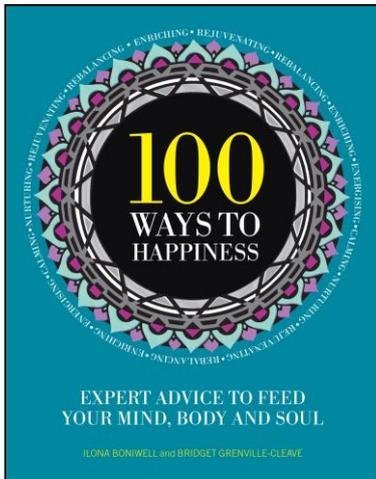


modern books press release

Written by globally-respected experts in Positive Psychology, here's a *little* book that's packed with *big* ideas to help us all to live happier and more satisfying lives – and it's perfectly priced as an inspiring present for friends or treat for yourself
BOOK PUBLICATION DATE: 15 APRIL 2015



100 WAYS TO HAPPINESS

Expert advice to feed your mind, body and soul

A new Mindful Living title from Modern Books

by

Dr Ilona Boniwell & Bridget Grenville-Cleave



ISBN: 978 1 906761 67 7 paperback 144 pages RRP: £6.99 15 April 2015

Modern Books is an imprint of Elwin Street Productions www.elwinstreet.com

Distributed by Pavilion Books /Faber Factory Plus www.pavilionbooks.com

Available from all good bookshops and internet booksellers

Using an interactive self-assessment format to help the reader identify the trouble-spots in their own life, this remarkable book addresses 100 aspects of the human experience – and offers no-nonsense, wise advice to help us all to make the very most of being alive.

Just how happy are we? • How can we know for sure if our relationships are *truly* life-enhancing? • Which habits or lifestyle choices are cheering us up – and which ones leave us down at heart? • Is it possible to alter our surroundings in order to improve our mood? • How can we avoid being ground-down by the daily stresses of working life? • Can hobbies really help to banish the blues? • Can a change of diet stop us feeling down in the dumps?

Part interactive self-help book, part psychology primer *100 Ways to Happiness* is an essential lifestyle guide that distils the very latest research on human happiness into 100 bite-sized morsels – all offering sound advice on those things that are most likely (or least likely) to lead to a happier life.

100 Ways to Happiness ...

- is written by leading experts on Positive Psychology, both of whom are academics with vast experience of applying their work to business and social settings
- employs interactive 'plus' and 'minus' symbols to clearly indicate how each factor discussed can add to or detract from a reader's 'happiness quotient'
- includes happiness questionnaires to assess current levels of happiness and to help the reader chart changes in their own cheerfulness
- offers quick tips and probing questions in highlighted, text boxes throughout the book – together with handy strategies for positive thinking
- is supported throughout with references to psychological research and scientific studies from published academic papers
- presents concepts in a highly accessible way with colour illustrations, charts and diagrams.

Media opportunities: Sample pages and/or review copies on request • Extracts/serialisation
• The authors are available for interviews.

Local UK interest: London: Dr Boniwell lectures at The University of East London (Docklands/Stratford area; London Borough of Newham) • Dr Boniwell lives in [Poole, Dorset](#) and Paris, France.

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Please see over for further information >>>>



To request review copies or sample pages and to be put in touch with the author, please contact

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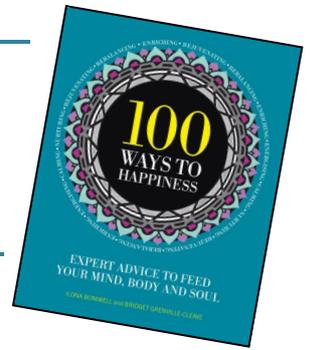
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modern books press release *continued*

100 WAYS TO HAPPINESS:

Expert Advice to Feed Your Mind, Body and Soul

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Topics covered include ...

Life Circumstances: Ageing • Gender • Money, money, money • Nutrition • Beauty
• Sunshine • Community spirit • Luck • Contact with nature

Emotional Wellbeing: Feeling good • Vitality • Curiosity • Optimism • Resilience • Acceptance
• Gratitude • Forgiveness • Positive time perceptions

Physical Wellbeing: Finding the flow • Dancing • Having a hobby • making music • Smiling
• Keeping a diary • Laughter

Relationships: Love • Good sex • Successful marriage • Cohabiting • Close friends
• Going to church • Owning a pet • Sharing good news

Fulfilment: Goals • Education • Job satisfaction • Personal growth • Creativity • Vocation
• Volunteering • Meditation • Finding meaning • Lifelong learning

About the authors:



Dr Ilona Boniwell is one of the world leaders in the field of positive psychology and founded the first Masters Degree in Applied Positive Psychology in Europe. She teaches Positive Leadership and Positive Performance at l'Ecole Centrale Paris, writes a monthly column for *Psychologies* magazine, and consults around the world as a director of Positran. She is the author of *Positive Psychology in a Nutshell*. Dr Boniwell lives in Poole, Dorset and in Paris. She is available for interviews.



Bridget Grenville-Cleave is a Charter Member of the International Positive Psychology Association. She holds an MSc in Applied Positive Psychology. Bridget is also a qualified life coach and NLP (neuro-linguistic programming) practitioner. Bridget lives in London and is available for interviews.



About Modern Books – a brand new publishing imprint: Elwin Street Productions launched their Modern Books imprint to offer illustrated practical titles for mindful living – beautiful books focusing on healthy eating, parenting, active ageing and creativity.

Elwin Street Productions have been in business for ten years as a successful independent co-edition packager with a prestigious international client base. Sales and distribution for Modern Books is managed by Pavilion – and represented in the UK and Ireland by Faber Factory Plus.

The forthcoming Spring 2015 list of Modern Books titles includes *The Vegetarian Year* by Jane Hughes, endorsed by the UK Vegetarian Society; *Total Detox Plan* by Charmaine Yabsley, *100 Ways to Happiness* by Dr Ilona Boniwell and *The Alkaline Cleanse* by Dr Stephan Domenig – the follow up to the best-selling *Alkaline Cure*.

Launching the Modern Books imprint, Silvia Langford, Director of Elwin Street Productions and Publisher at Modern Books said: 'With our extensive experience of producing illustrated titles for the international market, Modern Books for mindful living will feature the editorial integrity, high production values and on-trend concepts for which we are already known.' ***The Modern Books Spring 2015 catalogue is available on request.***



To request a catalogue, review copies or sample pages and author interviews, please contact

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