

Hijacked by Your Moods? Shift Your Mood, Unleash Your Life!
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In the new book, *Shift Your Mood: Unleash Your Life! Your Pathway to Inner Happiness*, author Rik Isensee shows readers how to keep bad moods from hijacking their life.

In the self-help world, we've all heard about the benefits of positive thinking, countering limiting beliefs, and being in the present moment. Unfortunately, these suggestions usually come across as "good advice," rather than showing clearly how to deal with hard times and difficult situations.

Shift Your Mood will be the first book to combine mindfulness and body awareness with the latest insights from the neuroscience of happiness. It provides a quick and easy method to help readers release emotional tension, and shift to the source of their own inner wisdom. With this breakthrough approach, Isensee claims "You don't have to remain stuck in the vortex of every negative event that's ever happened to you. In fact, *Shift Your Mood* can help you develop new, more positive neural pathways in your brain."

Shift Your Mood provides an easy-to-implement method to break out of your emotional strait-jacket. A unique and more sustainable approach to healing, growth, and spiritual realization, it offers practical solutions to common problems in daily life, such as road rage, coping with conflict at home or at work, tough economic times, and recovery from self-defeating behaviors.

Rick Hanson, Ph.D., of Wellspring Institute for Neuroscience and Contemplative Wisdom, calls the book a "gem." He continues, "Rik Isensee has done a masterful job of integrating scientifically-based yet cutting edge material from psychology, brain science, and spirituality into a comprehensive collection of practical tools you can use every day to feel better, happier, and more loving. Rik's sincerity and warm-heartedness make each page glow." University of Michigan professor Christopher Peterson, Ph.D., author of *A Primer in Positive Psychology*, agrees, adding, "*Shift Your Mood* presents a balanced and plausible formula for moving beyond where one is." Alecia Vultaggio, a reader from San Diego, put these methods into practice: "Using the guided assistance from your book, I quickly realized why I was so triggered, then felt calm and astoundingly clear. It was a triumph!"

Shift Your Mood should appeal to anyone who wants to live more mindfully, with less stress. Psychotherapists, doctors, nurses, and human resource professionals will find this book helpful in their practice. CEOs and managers can use it to manage moods at work; and both parents and students will benefit from the stress-reduction insights and methods in this book.

Rik Isensee, LCSW, is a licensed psychotherapist in San Francisco. He has extensive training and experience in somatic therapy, Gestalt, conflict resolution, and mindfulness. *Shift Your Mood* synthesizes these approaches, drawing on Rik's psychotherapy

practice over the last thirty years. Please visit www.your-pathway-to-happiness.com. For more information about Morgan James Publishing, see: <http://www.MorganJamesPublishing.com>.