

IT'S ALL PART OF THE DANCE

FINDING HAPPINESS IN AN UPSIDE DOWN WORLD

"A remarkable guide for living a happier and more fulfilling life."

—Harvey McKeen, bestselling author of *The Power of Grief*

ALAN GETTIS, PH.D.

Author of the award-winning book *The Happiness Solution*



Alan Gettis

It's All Part of the Dance: Finding Happiness in an Upside Down World



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The answers may surprise you. Dr. It combines Zen wisdom, cognitive behavioral therapy, spirituality, and the brand new paradigm of positive psychology. The reserve is written in a down-to-earth, non-pedantic style that makes it easy to read and digest, despite dealing with complex human problems. Gettis draws upon his 40 years of clinical encounter as a psychologist and combines that with the latest research on the research of happiness. The book confronts our societal notions of what provides us accurate happiness. It's All Part of the Dance: Acquiring Happiness in an UGLY World is a fascinating collection of parable-like stories, myths, and anecdotes. Dr. Gettis believes we have been hardwired for stories. He believes that the stories in It's All Part of the Dance may indeed change what sort of reader lives his / her life.



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