



Instant Peptalk: 10-Second Mindset Makeovers

Karen Salmansohn

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In the colorful, graphic style of *Instant Happy*, positivity expert Karen Salmansohn presents a stylishly designed book of aphorisms that have the power to uplift.

Research has shown that positive language has the power to change the way our brains think--and thereby influence positive behavior. Following on the heels of the wildly popular *Instant Happy*, this colorful little gift book presents happiness expert Karen Salmansohn's next infusion of mood-boosting sayings. Filled with fascinating nuggets from popular science, this peptalk-in-a-book provides lists of "things to think" to build mental resilience, positivity, gratitude, and happiness.



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