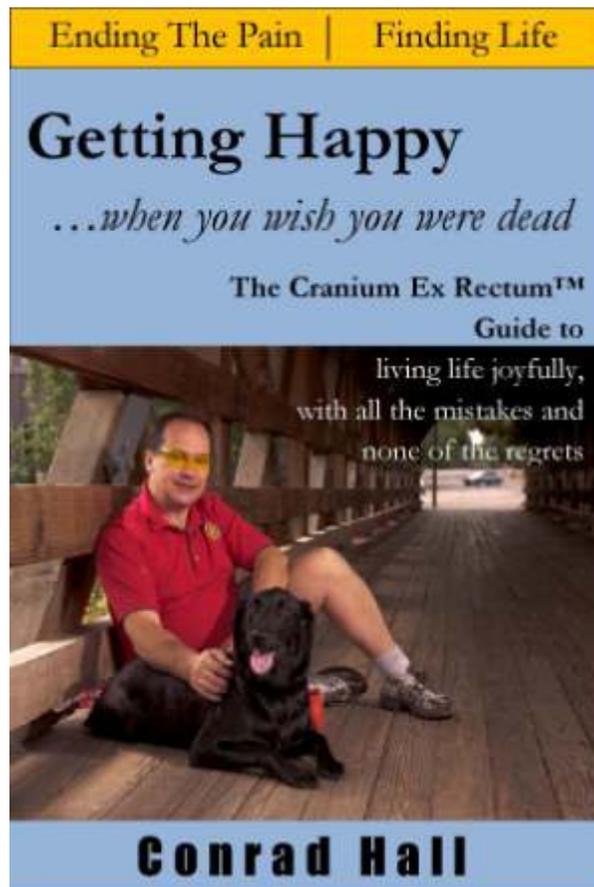


Getting Happy

...when you wish you were dead

A Cranium Ex Rectum™ guide to
living joyfully, with all the mistakes and
none of the regrets



Conrad Hall

Book

"This is Chicken Soup for the 21st century."

-The Chicago Tribune



Description

Suicide is the 3rd leading cause of death among teens in North America. We're losing too much of our future, and there is a simple solution.

How do you go from feeling disconnected and believing yourself a burden to everyone around you to living joyfully?

The first book in the Getting Happy series, *Getting Happy...when you wish you were dead* empowers people to take the necessary steps to transform social isolation and fear into self-confidence and happiness. It is the story of a 30 year struggle with, and victory over, suicide.

For the first time, a real suicide survivor is telling the story and weaving it with insights from psychiatrists, doctors, therapists and psychologists. The emotional, gut-wrenching story is blended with medical insight, professional advice, and heartfelt encouragement.

Throughout the Getting Happy series, Conrad Hall shares with you how he developed his Cranium Ex Rectum™ approach to living joyfully. He shows how it has saved his life, and his sanity.

Learn How To...

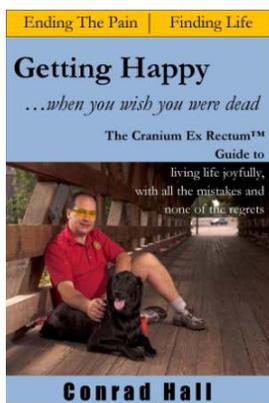
Promote personal growth with daily practices to help you become the person you want to be.

Break the cycle of mood swings, move toxic people out of your life, and clear away your head trash.

Enjoy mistakes and use them as learning tools. Trust yourself, and others, and become responsible without becoming boring or stiff.

Write your own self-image, and be the person you've always wanted to be.

Book



"I do not whistle because I am happy. I am happy because I whistle. Getting happy is a simple choice to do the things that make you happy whenever you can do them."

Conrad Hall

"It does not matter how slowly you go as long as you do not stop."

Confucius

"Understand why you do a thing, and you have the key to being free."

Discover

- What happiness is and how to choose it
- How to live with values in a world that thinks you're worthless
- The secret to living with toxic people
- Strategies for losing toxic friends
- How to author a new self-image to achieve what you want in life
- 3 simple tools for clearing away negative thoughts and false beliefs
- Why mistakes are fun, useful things that we should embrace if we want to make fewer of them
- What it means to trust yourself
- How to trust other people and accept help
- When to say "No" to help that really isn't help at all
- Simple steps to becoming the person you want to be



The Author



Conrad Hall was born the third child in a family with two children, and his parents never allowed him to forget it. That made "getting happy" a challenge from the get-go.

His hard experiences, the people he met along the way, and his personal desire to be a better man led Conrad to face his own faults. He learned to accept mistakes and failure as natural, effective means for finding what works.

That's why and how Conrad developed the Cranium Ex Rectum™ philosophy. It's a playful reminder to take our mistakes less seriously. It also encourages us to learn from those mistakes by facing them honestly.

The Chicago Tribune says, "*Getting Happy is chicken soup for the 21st Century.*"

The New York Times says, "*Getting Happy is a real-life silver linings story that makes you want to cheer, weep, and laugh, all at the same time.*"

"Conrad's honesty, his willingness to be exposed, make *Getting Happy...when you wish you were dead* a must read for every parent and friend." **David L. Hancock, Founder, Morgan James Publishing**

Conrad Hall's goal for this first book in the Getting Happy series is to:

"find teens who are as I once was, and keep them from walking the paths I have traveled." He has learned to find the line between accepting responsibility for his choices, and setting aside blame for other people's actions.

Conrad's story is far from finished. In fact, many people (including his publisher, friends, and even a politician) believe the best part of his story has yet to be lived and told. Conrad's invitation is for you to join the adventure and discover your own way for Getting Happy.

Book Info



Series Title Getting Happy

Title *Getting Happy...when you wish you were dead*

Subtitle A Cranium Ex Rectum™ guide to living life joyfully, with all the mistakes and none of the regrets

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