



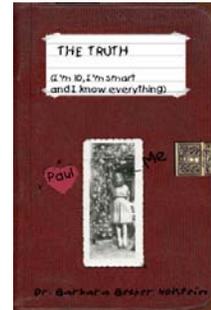
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FOR IMMEDIATE RELEASE: **Dr. Barbara Becker Holstein, is quoted in *Time Magazine*, on the web: *Twenty Ways to Get and Stay Happy*:**



"Learn to scan your memory bank for your strengths, talents, passions, interests, practical coping skills, and earlier potential — whether it's actualized or not. Scanning this memory bank and gleaning material that can be used to reinvent yourself to be happier is key, says Barbara Becker-Holstein, psychologist and author of *Enchanted Self: A Positive Therapy*"

Happiness is always on Dr. Holstein's mind. A leader in the newly emerging field of Positive Psychology, she constantly looks for ways to teach the public how to access happiness. In her new book, ***THE TRUTH, I'm Ten, I'm Smart and I Know Everything!*** a fictional diary written by a 10 year old girl, Dr. Holstein shares with wit, wisdom and an eye for wonder, all the positive secrets to life that we really need to know. As the girl simply says, "When I grow-up I'll remember to:



- **Not look away from my kids when they ask me tough questions**
 - **Answer truthfully**
 - **I won't swear**
 - **I won't get into silly fights with my husband**
 - **I'll have fun with my kids and laugh a lot**
 - **I'll remember ME!"**

The Truth for mothers is that they must recapture the fire and passion of their girlhoods for themselves to flourish and be happy. Also, finding their own happiness becomes a legacy to their daughters as the gifts of good emotional and spiritual health are passed on.

The Truth for young girls is that it's okay to be themselves, have fun and delight in the wisdom of girlhood. Behind this very easy read are psychological messages about happiness for both mothers and daughters.

Dr. Holstein has been in private practice in New Jersey for over 30 years. She speaks regularly on radio and television programs around the country. The Truth is available in all book stores or on Dr. Barbara's web site

www.enchantedself.com