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From the author of the popular *Zen and the Art of Happiness*, this effective program for change shows, step by step, exactly what to do to create the life you want now--with lasting happiness thrown in as a bonus. Whatever you now do, whatever you now believe, whatever your current circumstances may be, you are perfectly equipped and fully capable of being who you want and having what you want. That you haven't already achieved what you want is due entirely to what you now believe. To become the capable person you dream of being and to attain your heartfelt desires--the great relationship, the needed possessions, the long-sought-for conditions of good living--you need only change what you believe about the way to achieve those goals.

"What you'll learn in these pages is that you can actually reinvent your world," says Chris Prentiss. "You are a powerful being, the most powerful being in your life, and you constantly create your future with your thoughts and actions. By changing your thoughts, you will change your actions and, as a result of natural law, you will change your life."

This empowering guide to real change delivers a sure-fire system for letting go of stress and unhappiness and creating the best possible outcome in every situation. It shares simple yet powerful strategies to attain your goals and desires, overcome negativity, stop punishing yourself and others for events you experience, let go of the past, and bring more enthusiasm and joy into your life. You'll also learn how to develop a strong personal philosophy--one that will see you through the difficult times that come to us all. *Be Who You Want, Have What You Want* brings together insights, stories, meditations, and exercises to show you how to break out of limited thinking and free yourself to become who you really want to be and do what you've always wanted to do.

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