

# Smile before It's Too Late. Positive psychology in everyday life

A book by Alexander and Julia Sviyash "Smile Before It's Too Late. Positive psychology in everyday life" . This book is considered a workbook for business people who are interested in discovering their ideology and negative programming (their blockages to success) and eliminating them.

There are 16 ideologies that are described for the first time in this book together with its characteristic thoughts and manifestations in life. This is a practical and methodical application to be used as a tool on the way to the Intellectual Life.

All earlier books in general only give answers to the questions: WHY did it happen that you are not satisfied with your life?

This book gives answers to a different question: What can we do so we will become happy?

The book is the methodical addendum to the "Sensible Life" method.