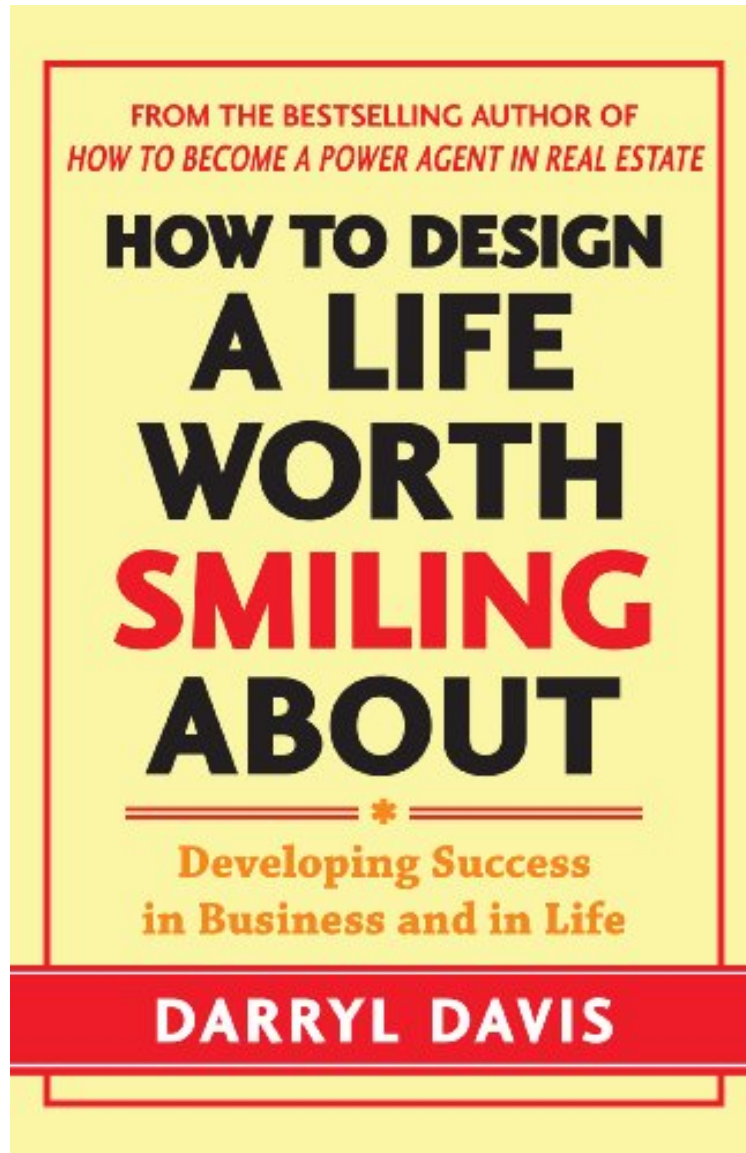


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# How to Design a Life Worth Smiling About: Developing Success in Business and in Life

*Darryl Davis*

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You are designed to smile!  
If you're wondering why you don't smile more in your life, then you may need to take a close look at why you do the things you do and why you don't do the things you know you should. Whatever facet of life you feel stuck in, *How to Design a Life Worth Smiling About* will pull you out of the rut and get your wheels moving in the right direction. Motivational speaker and success coach legend Darryl Davis shares his proven, no-nonsense program for making strategic changes to dramatically improve your life and increase your sense of purpose. Based on a unique and powerful combination of brain science, timeless wisdom, and good old common sense, *How to Design a Life Worth Smiling About* helps you:  
Identify negative automatic thoughts and take control of them  
Replace bad habits with good ones using scientifically proven methods  
Take full responsibility for your life, helping you feel more in control of your circumstances  
Form relationships with positive people  
Free yourself from the fear of change and let go of the past  
And the best part is, this is all a lot easier to accomplish than you think! You just have to take it step-by-step--and Davis serves as your personal guide to every point in the journey. Filled with hands-on exercises for brainstorming, focusing, and putting your ideas into action!  
In *How to Design a Life Worth Smiling About*, bestselling author Darryl Davis helps you meet any challenge with a positive outlook--and provides proven reasons why this generates very real business benefits. Davis gives you the tools you need to overcome negativity and make vast improvements to your life at home and in the office. He provides practical step-by-step tools for managing stress, dealing with difficult personalities, sparking self-motivation, and overcoming rejection. Happiness is within your control. Get *How to Design a Life Worth Smiling About* and start your journey to a purposeful, satisfying life today.  
PRAISE FOR HOW TO DESIGN A LIFE WORTH SMILING ABOUT  
"This book shows you how to build warmth, credibility and trust with people in your business and personal life." -- BRIAN TRACY, Author, *Ultimate Sales Success*  
"This is an exceptional book on how our thought process can control our lives. By understanding that we have the power to create new thought pathways, we can live fuller, happier, and healthier lives." -- DR. NIDO QUBEIN, President, High Point University and Chairman, Great Harvest Bread Co.  
"We all know the energy we feel when we're happy. In this book, Darryl helps us become intentional about how to make those days the dominant rather than occasional part of our lives." -- PAM O'CONNOR, President/CEO, Leading Real Estate Companies of the World

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From the Author  
This book was a labor of love. For several years I have been researching how smiling can make a positive and powerful impact in the quality of your life. My commitment to you, the reader, was to give you the tools necessary to create a life worth smiling about.  
From the Back Cover  
You are designed to smile! Did you know it's been scientifically shown that smiling can improve your mood, outlook and attitude, leading to increased success in your career and personal life? Take it a step further ... what if smiling (and happiness in general) isn't your reaction to great things that are happening in your life but instead is the CAUSE of these great things? Bestselling author Darryl Davis helps you meet any challenge with a positive outlook--and provides proven reasons why this generates very real business benefits. Davis gives you the tools you need to overcome negativity and make vast improvements to your life at home and in the office. He provides practical step-by-step tools for managing stress, dealing with difficult personalities, sparking self-motivation, and overcoming rejection.