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THE FOUR PEARLS AND THE FOUR SQUIRRELS

***New Book Provides Four Pearls of Wisdom for
Finding Happiness While Avoiding Distractions***

In the time-honored tradition of the fable, author Lissa Coffey has created a whimsical, meaningful book that will delight readers of all ages. ***The Four Pearls and The Four Squirrels: A Modern Fable About Happiness and Distraction*** is a modern-day classic filled with wisdom. It inspires and enlightens in the same way that *Jonathan Livingston Seagull* has for generations.

Encouraged by their mentor Merlinda, four squirrels set out on a quest to find a treasure hidden in the forest. The four pearls they search for represent profound truths that lead to happiness and peace of mind. The squirrels also discover that these truths are the antidote to the many distractions that can keep us from achieving our goals.

- The First Pearl: Look at what you have, not at what you don't have.
- The Second Pearl: Look at what you are doing, not at what anyone else is doing.
- The Third Pearl: Look at the opportunities, not at the obstacles.
- The Fourth Pearl: Look at what matters, not at what doesn't matter.

These pearls of wisdom, along with their associated Happiness Principles (Gratitude, Focus, Fortitude, Faith) form the basis for a philosophy that helps readers through challenges in every aspect of life.

About the Author

Lissa Coffey is the author of *The Four Pearls and The Four Squirrels*. Her mentor, Deepak Chopra, says: "Your heart will thank you for Lissa's helpful and heartfelt vision." Lissa has written several books, including the bestselling "What's Your Dosha, Baby?" She is a lifestyle expert who has been featured on The Today Show and many other national and local television programs. Visit Lissa online at her site: CoffeyTalk.com.

The Four Pearls and The Four Squirrels

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