



The Perception Myth: A Guide to Challenging Your Personal Myths and Discovering Your Inner Greatness

Brad Wheelis

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There are millions of self-help books that all promise the secret to obtaining a happy life—a successful career, lots of money, loving relationships, a defined and firm sense of morality; whatever could possibly define “happiness” for one person. But nothing is possibly more subjective than happiness. Born with a deformity known as Pectus Excavatum (sunken chest) happiness eluded Brad Wheelis as he struggled with low self-esteem, perceive flaws, and societal pressure to be perfect. Eventually, he realized that he had been chasing the wrong ideal.

Today, Wheelis believes that a truly happy life is impossible. No one can be happy all of the time. But you can strive to achieve fulfilled lives that contain both happiness and sadness by making a series of changes: how your preconceived notions of fulfillment differ from realistic goals, what you want to accomplish for yourself, and how you can make those ideas come true. Making a conscious decision to transform your perceptions of both trivial and significant aspects of your life, one at a time, will lead you to your own kind of happiness and inner greatness. *The Perception Myth* combines personal memoir with a step-by-step approach to happiness for anyone who is afraid or does not know how to take risks. Fulfillment is around the corner; you just need to figure out how to reach it.



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