



Mary Lou Retton's Gateways to Happiness: 7 Ways to a More Peaceful, More Prosperous, More Satisfying Life

Mary Lou Retton

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Celebrated gymnast Mary Lou Retton shares the inspiring philosophies behind her success--and offers seven practical gateways to finding happiness in your own life.

Who can forget Mary Lou Retton's perfect vault and winning smile? Fifteen years after her Olympic triumph, Mary Lou is no longer the little girl on the Wheaties box--she's a dynamic, accomplished mother of two who has become one of America's most sought-after motivational speakers and an inspiration to people everywhere. Now, in **Mary Lou Retton's Gateways to Happiness**, she shares her secrets for achieving a balanced, fulfilling career and life and presents seven gateways that can guide you in cultivating lasting happiness every day.

Based on her remarkable experiences as an Olympic athlete, professional speaker and spokesperson, wife, and mother, **Mary Lou Retton's Gateways to Happiness** shows that, even with life's challenges and obstacles, happiness is always within our reach--you just have to know how to grab hold of it. The seven gateways she presents--Family, Faith, Relationships, Attitude, Discipline, Health, and Laughter--are the tools we can use to improve our sense of contentment and well-being, whether it's by realizing our true dreams and ambitions, taking care of our bodies, incorporating spiritual faith into our daily routine, or devoting more time to the special people in our lives. For each gateway, Mary Lou provides concrete suggestions, action plans, and even recipes to help you embrace its principles and make it work for you. From visualization and communication exercises to time management, and spiritual practices, Mary Lou's warmhearted prescriptions and advice will help you discover your deepest needs, reduce stress, and open the door to a life filled with peace, prosperity, and love.

Flavored with inspiring stories from renowned athletes and celebrities, and brimming with the trademark enthusiasm and energy that have made her such a beloved American figure, **Mary Lou Retton's Gateways to Happiness** is a fresh and engaging collection of wisdom that will enable you to realize your true potential. The next time you look in the mirror, that winning smile will belong to you!

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Reading can called head hangout, why? Because when you find yourself reading a book particularly book entitled Mary Lou Retton's Gateways to Happiness: 7 Ways to a More Peaceful, More Prosperous, More Satisfying Life the mind will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely can be your mind friends. Imaging each and every word written in a reserve then become one type conclusion and explanation that will maybe you never get prior to. The Mary Lou Retton's Gateways to Happiness: 7 Ways to a More Peaceful, More Prosperous, More Satisfying Life giving you an additional experience more than blown away your thoughts but also giving you useful data for your better life on this era. So now let us show you the relaxing pattern here is your body and mind will likely be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

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