



Code to Joy: The Four-Step Solution to Unlocking Your Natural State of Happiness

By George Pratt, Peter Lambrou, John David Mann

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Combining six decades of clinical experience with cutting-edge research, two acclaimed leaders in the field of psychology have developed a revolutionary approach to happiness—one that’s accessible and practical enough to apply at home, yet powerful enough to create a profoundly positive transformation in our lives. Doctors George Pratt and Peter Lambrou have been delivering successful results to professional athletes, top executives, celebrities, and nearly 45,000 other patients with their four-step process. Now, their revolutionary solution will help readers identify and diffuse the negative “blocking beliefs” that are standing between them and the happiness they want to achieve.

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Editorial Review

Review

“Drs. Lambrou and Pratt’s work has had a fabulous impact on my life.” (Ken Blanchard, Ph.D., coauthor of *The One Minute Manager*)

“As a returning Olympic medalist, I faced a major challenge trying to make the team for 2000. I used Dr. Pratt and Dr. Lambrou’s method during our Olympic trials and it really helped my concentration and endurance during the long and grueling competition. And we won!” (J.J. Isler, three-time Yachtswoman of the Year, two-time Olympic Medalist)

“George Pratt is one of the most gifted healers on the planet today. His work has touched my life and the lives of those throughout my global community.” (Debbie Ford, author of the #1 New York Times bestseller *The Dark Side of the Light-Chasers* and *The 21 Day Consciousness Cleanse*)

“*Code to Joy* offers a simple, powerful, and brilliant method for experiencing authentic happiness from the inside out. And that inner happiness is the basis of outer success.” (Marci Shimoff, author of the *New York Times* Bestseller *Happy for No Reason*)

From the Back Cover

The Proven Four-Step Program to Lifelong Happiness

All the positive thinking, affirmations, talk therapy, and pharmaceuticals in the world will never be enough to make us as happy as we were designed to be, according to acclaimed clinical psychologists George Pratt, Ph.D., and Peter Lambrou, Ph.D. That's because those approaches fail to address a third aspect of the human organism, one that bridges the gap between mind and body: the biofield.

Combining six decades of clinical experience with cutting-edge research, Drs. Pratt and Lambrou have developed a revolutionary program for rediscovering (and then never again letting go of) your innate happiness in four simple, proven steps.

About the Author

George Pratt, Ph.D., and Peter Lambrou, Ph.D., are licensed clinical psychologists in practice at Scripps Memorial Hospital in La Jolla, California. Both have served as chairman of psychology and are on staff at Scripps. They maintain private practices in La Jolla.

John David Mann is an award-winning author whose titles include the *New York Times* bestseller *Flash Foresight*, *The Go-Giver*, *It's Not About You*, and *Take the Lead*.

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Users Review

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Jack Johnson:

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James Hudson:

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