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Transforming Health Archives Available

August 29th 2012: Double Your Happiness - Learn keys to double your happiness - no matter what "curve balls" life throws your way!

We live in a world that is obsessed by happiness...so much so that we sell billions of dollars worth of side-effect laden medications each year, in order to try to help people overcome sadness. And even though these medications—called antidepressants—haven't exactly been shown to be overly helpful and are highly addictive to the people who use them – we are somehow still willing to take them in hopes of feeling a little better about the world around us. The real question is, what is happiness anyway and how do we go about finding it? Are you someone who is for the most part happy or unhappy?

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Featured Guest



Aurora Winter

Formerly a film and TV executive producer, Aurora Winter is the Founder of the Grief Coach Academy and the author of "From Heartbreak to Happiness" an intimate diary of healing after her 33-year-old husband died suddenly, leaving her widowed with a 4-year-old son, and "Encouraging Words." Aurora is a popular guest on radio and TV, and has appeared on ABC-TV, KTLA, NBC, Fox, Oprah Radio, and more. She is a sought-after coach trainer, speaker, and author.

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