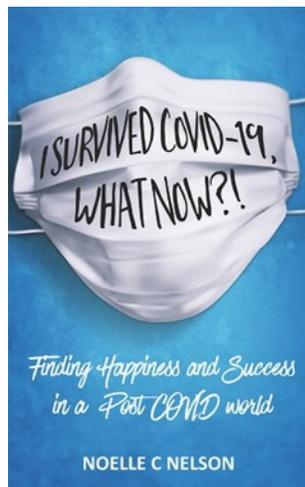


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How To Find Happiness & Success In A Post-COVID World -- Audio Book Tells How



Camarillo, CA (May 7, 2021)--As we slowly enter a post-COVID world, we can't help but realize that everything is different now—how we live and love and just plain survive is in question. In her just-released audio book, [I Survived COVID-19. What Now?! Finding Happiness and Success in a Post COVID World](#) (available on [Amazon](#)), clinical psychologist [Dr. Noelle Nelson](#) shows us how we can transform the uncertainty and anxiety of the future into a positive way forward.

Nelson believes that too much has changed for us to ever go back to the way things were. "It's critical that we come at life with a new energy—with optimism, a belief in the possibility that good things can happen," says Nelson. "If we are willing to say 'thank you' to life, and truly mean it, we can come out better regardless of the bumps and hurdles. After all, it's not just COVID that's been a challenge, the societal turmoil and upset can also make us all feel frustrated and helpless."

[Studies](#) show that optimists, those with a positive, appreciative, forward thinking take on life—thrive. Pessimists do not. Optimism doesn't mean going around with a "glass is half full" mentality. "It's much more," Nelson explains. "Optimism means making the best of what is. Optimism is an expansive perspective, an opening towards possibilities and opportunity. Optimism means choosing deliberately to see how things could work out, what might be a better way, what resources or help might be available, to see the good in our lives. That's why, despite experiencing unbearable pain and loss, some people can pick themselves up and live a strong, purposeful and successful life."

Despite all the negative news that floods our world, much good happens in every corner of the globe. Whether it's José Andrés rushing in to feed the world's hungry, frontliners giving their all 24/7, or perfect strangers coming to the aid of someone in need, the more we recognize and appreciate the good, the happier we get, the longer we live, and the healthier we are. All it takes is a shift in attitude.

"I Survived COVID-19, What Now?! Finding Happiness and Success in a Post-COVID World" gives insights and inspiration on how to accomplish this life-enhancing shift. It provides strategies and tips to find the positives in life despite awful/painful circumstances, along with examples of real people who have done just that. "It may take

a while to make this change," says Nelson, "but the rewards in terms of your happiness and success will truly be remarkable."

Quick Tips

--**Channel Your Inner MacGyver.** MacGyver is the ultimate optimist – who always says, “Gotta be a way” to succeed despite impossible circumstances. When all doors seem to be shut, keep looking for even the slightest of cracks to find your opening. Change is now the norm so it's the perfect time to explore improving your situation. How? By looking for how things *could* work out, what *might* be a better way, what resources or help *might* be available--even if we're not born optimists.

--**Become Solution-Oriented To Overcome Frustration, Anger and Pain.** The pandemic has hit us hard—some much more than others. To get beyond the who/what to blame for the misery it engendered, become more solution-oriented than problem-anguished. As hard as this might seem, allow the positives in your upside down world to grow. When you do, you'll find the negatives don't carry the same weight as they once did.

--**Reduce Stress By Prioritizing Your Life.** The pandemic has upped most of our stress levels. Write down what overwhelms you and then tackle each individually instead of all of them at once.