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Anaheim Hills woman pens book on happiness

Flora Morris Brown signs copies of 'Color Your Life Happy' in Anaheim.

CONTRIBUTOR
by **SHARON HLAPCICH**



Flora Morris Brown, Ph.D., author of "Color Your Life Happy," recently held a meet-and-greet event and book signing at the Anaheim Embassy Suites.

During the event, the Anaheim Hills resident shared her vision for the self-help/personal growth book, highlighting sections that engaged her audience in participatory exercise, using humor to exemplify a realistic strategy for happiness.

And since most people would rather have a happy life than the alternative, the easy-to-read book offers the tools and how to apply them. Practical principles combined with Brown's personal life experiences and those of others she has met along the way serve to define the book's premise: taking control of your life and finding inner joy and happiness. She incorporates positive psychology, ancient truths, poetry, and cartoons in the book to further illustrate her message.

Suggestions and activities in the book help the reader learn to face challenges, cope with unavoidable obstacles and adversity and to make choices that can lead to a meaningful and fulfilling life.

Brown has over 40 years of experience in the educational, writing and inspirational speaking field.

In addition to her latest endeavor, Brown is a life coach, speaker, consultant and entrepreneur who hosts a local radio program, maintains six websites, three blogs and publishes two newsletters. All share a commonality — her positive approach of not only discovering happiness, but to staying happy.

A dynamic motivational speaker with a straightforward every day technique, she customizes her presentation to fit her audience needs whether at the corporate level, a nonprofit organization or an academic group.

She graduated from the University of Southern California with a bachelor's degree in English and a minor in drama; has an M.S. in education with a specialization in reading and a Ph.D. in curriculum and instruction; and is a professor emeritus at Fullerton College.

Brown lives by the mantra, "Nobody becomes somebody without the help of somebody else."

"Color Your Life Happy" is available in bookstores such as Borders and Barnes and Noble or may be ordered directly from her Web site at www.coloryourlifehappy.com. Additional information about Brown, including future book signings, motivational materials and her services are also available on her Web site.