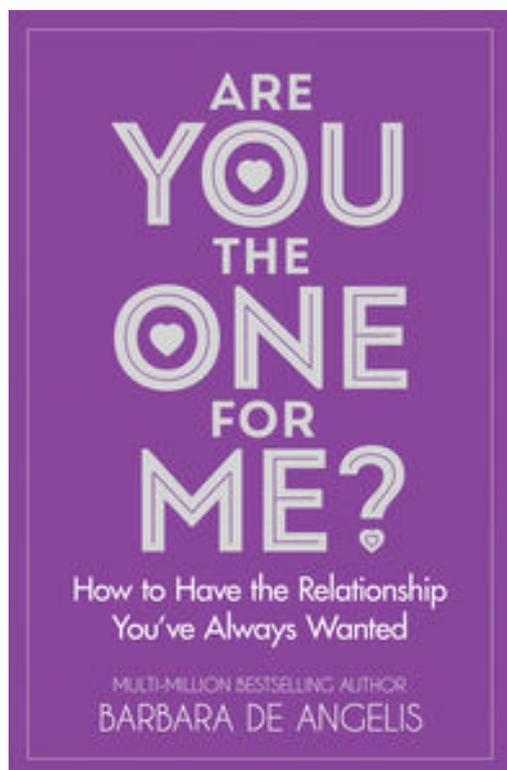


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About the author

Barbara De Angelis, Ph.D., is one of the world’s most eminent relationship and personal growth psychologists. Active for over 25 years, Barbara was one of the first voices to advocate self-help in the 1980s and was among the first nationally-recognised motivational teachers on television. Her messages about love, happiness and the search for meaning in our lives have reached millions across the globe.

She lives in Santa Barbara, California.

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