

How to Be Rich, Thin and Happy



Sharon Mitchell sat and looked at the man who was going to change her life. He was mesmerizing. So you want to be rich, thin and happy? he asked. Sharon nodded as she stared past him to look at the Buddha statue behind, and wondered how she, an ordinary mother and wife, from an ordinary suburb, had ended up sitting with a monk on the dry, hard dirt of a remote town in Southeast Asia. I can help you with that, the monk said, because your journey is actually the universal search to be healthy, wealthy and wise. So began Sharon's voyage of self-discovery, which became an adventure of global proportions as the secrets of how to become healthy, wealthy and wise unfolded before her. How to be rich, thin and happy? The answers for every woman are woven through this amazing story set against the backdrop of some of the world's most intriguing and exotic locations. This book is honest, entertaining and thought-provoking. You won't just read it; you'll experience it.

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