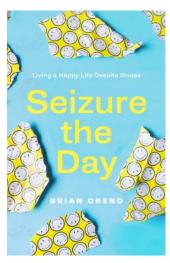
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Seizure the Day: Living a Happy Life with Illness

non-fiction by Brian Orend

Everyone can live a happier life, especially those with chronic illnesses. Brian Orend's smart and accessible guide for people with illness, injury, or other challenges provides both a satisfying look into happiness as well as practical steps for living a measurably happier life.

When Brian Orend began having debilitating seizures that his doctors couldn't explain, he began a quest to learn how he could be happier, even despite his challenging circumstances. He dove into the research about happiness, only to realize that much of the advice about happiness was aimed at "everyone" failing to take into consideration the significant obstacles and circumstances faced by those with chronic conditions.

Orend realized that the advice required for augmenting happiness needs to be tailored for those experiencing ongoing health challenges. And so he wrote Seizure the $D\alpha y$ — a smart, accessible guide, grounded in the latest scientific research, that tackles not only the background of happiness, but also provides concrete how-to advice for living a happier life.

As Seizure the Day demonstrates, people confronting challenging circumstances can make themselves measurably and sustainably happier. A better life, for each of us, awaits.

> ISBN 978-1-988298-41-2 • \$22.95 CDN • Jan 2, 2019 5.5×8.5 • paperback • 320 pages • world rights SEL016000 (Self-Help/Personal Growth/Happiness) HEA039000 (Health & Fitness/Diseases/General) PHI000000 (Philosophy/General)



ABOUT THE AUTHOR



Brian Orend is a professor of philosophy at the University of Waterloo in Canada, and an awardwinning writer and public speaker. He is the author of six books, including the bestselling The Morality of War, one of the most widely-used books on the ethics of war and peace. He has a Ph.D. from Columbia University in New York City, has been Distinguished Visiting Professor of Human Rights at Lund University in Sweden, and has lectured around the world and around the web. Brian has epilepsy owing to a brain tumour, which has motivated his research into happiness in spite of illness.



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