

First published by Nicholas Brealey Publishing Company in 2006.

100 City Hall Plaza, Suite 501
Boston, MA 02108 USA
Tel: + 617-523-3801
Fax: + 617-523-3708
www.nicholasbrealey.com

3-5 Spafield Street, Clerkenwell
London, EC1R 4QB, UK
Tel: +44-(0)-207-239-0360
Fax: +44-(0)-207-239-0370
www.nbrealey-books.com

© 2006 by Marcia Hughes

All rights reserved. No part of this publication may be reproduced in any manner whatsoever without written permission from the publisher, except in the case of brief quotations embodied in critical articles or reviews.

Printed in the United States of America

10 09 08 07 06

1 2 3 4 5

ISBN-13: 978-1-85788-365-7

ISBN-10: 1-85788-365-9

Text design by Lisa Garbutt of Rara Avis Graphic Design

Library of Congress Cataloging-in-Publication Data

Hughes, Marcia M.

Life's 2% solution : simple steps to achieve happiness and balance /
Marcia Hughes.

p. cm.

Includes bibliographical references (p. 245) and index.

ISBN-13: 978-1-85788-365-7

ISBN-10: 1-85788-365-9

1. Self-actualization (Psychology) 2. Success—Psychological aspects.
3. Life skills. I. Title: Life's two percent solution. II. Title.

BF637.S4H84 2006

650.1—dc22

2005033120