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MJ Ryan is one of the creators of the New York Times bestselling Random Acts of Kindness series and the author of The Happiness Makeover (nominated for the 2005 Books for Better Living award in the Motivational category), Attitudes of Gratitude, The Power of Patience, Trusting Yourself, The Giving Heart, and 365 Health and Happiness Boosters, among other titles.

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M. J. Ryan is one of the creators of the New York Times bestselling Random Acts of Kindness and the author of The Happiness Makeover, How to Survive Change You Didn't Ask For, and Attitudes of Gratitude, among other titles. Altogether, there are 1.75 million copies of her titles in print. She is a contributing editor to

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M.J. Ryan is an inspirational speaker and human development expoert, and author of several bestselling books including This Year I Will, The Happiness Makeover: How to Teach Yourself to Be Happy and Enjoy Every Day and Attitudes of Gratitude.

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"Reading this book is like lifting my face to the sun each morning. Every little ray of M.J. Ryan's wisdom warms the heart." ~ Sue Patton Thoele on 365 Health and Happiness Boosters.