



Choices That Change Lives: 15 Ways to Find More Purpose, Meaning, and Joy

By Hal Urban

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Hal Urban, author of the much-loved bestsellers *Life's Greatest Lessons* and *Positive Words, Powerful Results*, gives us his third book of inspirational and practical wisdom on leading a more meaningful and more joyful life. With *Choices That Change Lives*, Hal reminds us that our lives are the result of our choices and the most important choices we make become our character traits, the ones that lead to fulfillment and peace of mind. He illuminates fifteen character traits that help us more fully develop our capacity to live rich and rewarding lives. He assures us that it's never too late to change, to break the chains of self-defeating attitudes and habits, and challenges us to dig a little deeper -- to grow in such qualities as humility, patience, empathy, and courage -- and to renew ourselves daily.

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Editorial Review

Review

"Some readers will cherish Hal Urban's new book for the basic truths it shares, some for the perfectly selected quotations, but all who read it will be enriched by it." -- Rabbi Harold Kushner, author of *When Bad Things Happen to Good People*

"In *Choices That Change Lives*, Hal Urban expresses the conviction that we can be better, happier, and wiser at any time we choose, and goes on to provide support and inspiration for this important endeavor. Thank you, Hal!" -- Ken Blanchard, co-author of *The One-Minute Manager®* and *The Secret*

"Do you love inspiring quotations? Enjoy a story that both enlightens and entertains? Want to improve your character? Hope to deepen your prayer life? Hal Urban's *Choices That Change Lives* delivers all this and more. Keep it at your bedside; it's food for the soul." -- Thomas Lickona, author of *Character Matters*

About the Author

Hal Urban was a high school teacher for many years and also taught at the University of San Francisco. He is a well-known leader in the Character Education movement and is in constant demand as a speaker at national conferences and school and community events. He raised three sons as a single father and now lives in Redwood City, California, with his wife, Cathy.

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