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**The Core of Happiness:** *Your Step-by-Step, Fun-to-Read Guide to Greater Happiness. Guaranteed!*

*The Core of Happiness* is a unique self-help book in a "novel" format. The reader is drawn into a journey full of real life challenges hosted by Max, the Happiness Hero, and an engaging cast of characters in a small town café. Lively banter and an infectious sense of humor combine with forward-thinking logic to embody the boisterous discussions. Playfully and easily, the reader is captivated by a stepwise approach to defining personal happiness, eliminating unhappiness, and maximizing authentic happiness.

Author Rudy Wietfeldt is a practicing therapist and PsyD candidate who has crafted this witty and reflective story against the backdrop of his personal tragic life experience as well as his 25 years of clinical work in Emergency Psychiatry at Canada's largest hospital.

## CONTACTS

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**The Core of Happiness**  
[www.thecoreofhappiness.info](http://www.thecoreofhappiness.info)

**Audio Files**  
Are available on request

**Videos**  
Are available on request

**IMAGES:** High-resolution images of the author and of the book are available on the website of Renaissance Publishing

## PRAISE FOR *THE CORE OF HAPPINESS*

"It's a clear, accessible, and upbeat book...very appealing!"  
--Dr. Doron Almagor, President, Ontario Psychiatric Association

"I enjoyed...the setting, characters, flow of conversation and content... in the great Canadian novel on happiness."  
--Dr. Barry Mitchell, Pain Specialist, Muskoka, ON

"...this book reads lightly and with ease...it is everything I thought it would be!"  
--Dr. Saul Marks, Psychiatrist, North York General Hospital, Toronto, ON

"Bravo! the writing is very good. The tone is lovely, folksy, and full of common sense for serious topics - wonderful stuff!"  
--Dr. Ambrose Cheng, Psychiatrist, Royal Columbian Hospital, New Westminster, B.C.

(For further comments please visit: [www.thecoreofhappiness.info](http://www.thecoreofhappiness.info) )

## ABOUT THE AUTHOR

Rudy Wietfeldt has faced – and triumphed over – incredible tragedies: at 18 he was pallbearer for his father who died suddenly in his 40s; at 25, Rudy had also served as pallbearer for his mother. And by the age of 33, Rudy had buried three sons and a daughter. Proving that adversity often leads to enlightenment, *The Core of Happiness* was penned by Rudy in the hope that his surviving children and others would ultimately derive benefit from the philosophy of hope that has been the sustaining beacon in his life.



For over 20 years Rudy has been on staff at the University Health Network (UHN). UHN is a global leader in providing exemplary patient care, innovative research and teaching. Rudy has held various clinical and leadership positions in the Department of Emergency Psychiatry.

Rudy also has a private practice in which he works with individuals, couples, families, as well as executives and leaders in various industries to achieve personalized goals.

### **CURRICULUM VITAE**

Rudy obtained undergraduate and graduate degrees at the University of Toronto having studied Physiology, Philosophy, and Clinical Psychology. He has received further training through the Counselling and Development Centre at York University and at Columbia University in New York City and is pursuing his doctorate at the California School of Professional Psychology.

Rudy has published a number of articles related to medical ethics, loss and bereavement and is the author of the popular "Happy Blogger" found at: <http://blogginhappily.blogspot.com>.

Rudy is also a much sought-after speaker. Recent talks include keynote addresses and seminars at organizations and universities around North America.

### **THE BOOK**

