

## CHAPTER 1

# *The Eleventh Problem*

I wish I had discovered the secret sooner. My worries evaporated. My daily tension headaches vanished. I began to smile more. I complained less. The little things that used to irritate me just didn't matter anymore. For the first time in my life, I could honestly say I was happy. Happy on the inside.

My relationships changed for the better, too. Jake, my husband of ten years, loved my new, easy-going attitude. Instead of spending his Saturdays working on projects in his workshop, he started spending them with me. Our second graders, Nate and Natalie, stopped their constant squabbling. They were happier, too.









