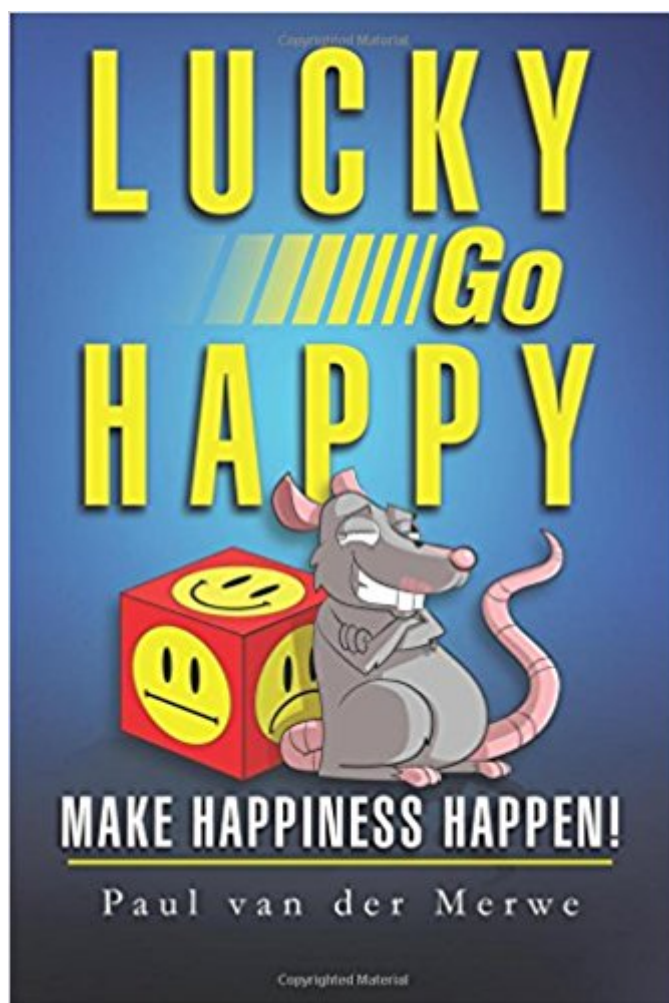


The book was found

Lucky Go Happy: Make Happiness Happen!



Synopsis

Ready to get more from life? A life changing book awaits you...Lucky Go Happy is a gripping and amusing modern-day fable for adults and teens and has been described as "The best book as far as the attainment of happiness goes." Readers wanting to make happiness happen for themselves or those around them will gain insight into being happier - and being happy more often. Have you ever wondered: When will I be happy? I have so much to be grateful for, yet I'm not completely happy? How much weight should I lose before I'm happy? Is something wrong if I'm unhappy? Why does everyone around me seem happy? My life used to be a lot simpler and happier? How much money do I need to be happy? What good can come out of a crisis? What should I do to be happy? Asking these questions is normal, but there is no need to wonder about their answers any longer. Happiness, emotions and positive psychology are abstract concepts that are generally difficult to explain and understand. Adopting a unique approach, Lucky Go Happy unpacks these abstract concepts using the odd elementary graph and image, which when conveyed to readers through a fable makes for an informative and inspirational read for young and old. If you are stressed, depressed, anxious, generally unhappy or simply looking for more happiness in your life, then Lucky Go Happy will equip you with the know-how to being happier - and being happy more often. Lucky Go Happy follows the adventures of Lucky the Rat who has been sent into the African Bush by King Lion, to discover what makes other animals happy. Through various encounters with remarkable characters, Lucky captures some reviving new takes on happiness which he has to present to King Lion in a report before the next rainy season. King Lion hopes to regain his own happiness after reading the report. Lucky Go Happy will:-

- demonstrate how we lose more than 70 percent of potential happy time by living for weekends only-
- reveal the very simple formula for more happiness in your life-
- explain how contentment can yield the same amount of happiness as ecstasy-
- provide concrete proof that money can never - and will never - make us happy-
- highlight why it is absolutely essential to be unhappy at times-
- illustrate why a midlife crisis happens-
- show that happiness is not around the next corner; it is here and now, and-
- help you understand how happiness works. Rather than waiting for happiness, you can make it happen for yourself and for those around you!"

...If you have friends or family struggling to find happiness, this is an easy book to read, understand, and utilize in order to see where small changes could be made to better one's life..." -Â Professor Erin Lovell Ebanks, author of Happy Professor

"I highly recommend the book for anyone who is interested in learning how to increase their levels of happiness and joy." -Â Tom Cunningham, Napoleon Hill Foundation Certified Instructor and Resiliency Expert

Book Information

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Customer Reviews

"...This is one of the best books I have read on the theme of happiness in its many dimensions, and the best as far as the narrow subtopic of the attainment of happiness goes..."- Roy T. James for Readers' Favorite - readersfavorite.com

Humanity has fallen deep into the trap of making happiness a conditional emotion. Happiness has become an if-then emotion: IF I lose that 20 pounds, THEN I will be happy. IF I get that promotion, THEN my salary will increase and THEN I will be happy. IF I get that car, I will impress my friends, and THEN I will be happy. Happiness does not work that way. Lucky Go Happy will explain this trap we have fallen into and clarify how happiness works. Once you understand how happiness does work, you can make happiness happen for yourself and those around you without having to follow society's if-then conditions.

As someone who dislikes being told what I need to have or achieve in order to be happy, I found this to be a refreshing read. It's a collection of stories about how one takes control of his happiness. There are a variety of perspectives told on the matter. The story toward the end involving the ostrich brings a nice conclusion to it all. There are also some fun things about the mathematics behind happiness. But math haters will still like the book; the explanations are clear and it's not as though you're overwhelmed with numbers.

This book is something I will suggest to friends to take an evening to read and then go back and read it again. There is so much to learn from this simple tale, and that is part of the beauty of the story. The idea is simple but I had no idea I would learn so much from a collection of human-like animals. The biggest lesson to take away from this is we waste way too much time trying to figure out how to be happy and wondering why everyone else around us is happy when we are not. Happiness requires thought, effort, and action.

Deep insight and wisdom displayed in witty, fun and amusing ways for kids of all ages! Every parent and grandparent will want to read and share this excellent book with family members and friends. Join these lighthearted adventures with wisdom about true happiness around every corner! Our grand kids love it and so will your inner child! Brilliantly written.

:-) as a story, it's light hearted, doesn't take itself too seriously and leaves the reader with more than just a smile or two. As a message, it's poignant, meaningful and leaves the reader with pause for self reflection. Well done Paul! I really loved it and continue to find take-aways.

This had been a highly entertaining and thought-provoking book. At first glance, you'll think this is some kind of a Self-Help book teaching you how to find happiness. But, surprise, surprise! Lucky Go Happy isn't just your ordinary book. There is quite a story to it, a journey of sorts, on how a Lion King sent his friend, Lucky the Rat on a quest to finding real happiness. This book or fable has depth, heart and soul. Lucky was fortunate to have met a number of animals, who in one way or another, have unknowingly taught the rat the reality of happiness, how easily it is taken away from you, how it is often overlooked and taken for granted, and how it could be cultivated and earned in our everyday lives. The animals - Elephant, Baobab, the Panda, Buffalo, Rhinoceros, even the butterflies - had all shared their insights, experiences, lessons and opinions about the different kinds of happiness. Clearly, the author had researched thoroughly for this book. He meant for the readers not only to enjoy, but also to learn and meditate and contemplate. If we are forever looking for the happiness that will fulfill our lives, this book will definitely help us a lot!

A RAT MAKES HAPPINESS HAPPEN The author of this fascinating book suggests that it is written for adults and teenagers, but perhaps it will also find a very responsive audience among younger readers. The theme of the book embraces a quest of Lucky the Rat for nothing less than the secret of happiness. It wasn't Lucky's idea. The king of Bushveld, a Lion, chose Lucky for

this assignment. Lucky, being an adept left-brained mathematician, was an unlikely choice to unlock a secret that has baffled philosophers for centuries. Moreover, he was instructed find this secret by interviewing ordinary animals of the kingdom, not philosophers. Lion wanted to learn what happiness means to them. "What a crisis!" thought Lucky as he contemplated his task. In Lucky's first interview with an aging elephant Lucky was to learn that the two Chinese word symbols for "crisis" translated to a combination of "danger" and "opportunity." This enlightened perspective sets the stage for Lucky's quest, but also reveals the unexpected philosophical depth of Paul van der Merwe's book. John Kennedy (among others) employed the concept in a speech: "The Chinese use two brush strokes to write the word 'crisis.' One brush stroke stands for danger; the other for opportunity. In a crisis, be aware of the danger but recognize the opportunity." So it is that Lucky leaves his beautiful but boring life and begins to canvas the animals of the kingdom of Bushveld. Other reviewers have covered the various characters Lucky encounters: the grievously bored Blue Wildebeest; the unscrupulous Hyena with his ruthless advertising tactics, and on and on. Nearly two dozen creatures offer their ways of coping with life and achieving a degree of happiness. But perhaps no story is more impressive or inspiring than the old elephant that was the first animal Lucky interviewed. Faced with a career-ending crisis (lost tusks) the old elephant tells how he had a life-changing encounter with a Panda bear from China. The Panda taught him the philosophical concept that the term "crisis" represented a combination of danger and opportunity. The Panda urged the old guy began to think about not just the danger of the crisis of his lost tusks, but also the new opportunity it now afforded him. The elephant did so. He learned new skills that were impossible before his loss. Without the weight and impediment of those heavy tusks, his chronic neck pain was mitigated. Now he could reach the succulent small leaves other elephants could not. He became a surgeon now that he could get close to patients. "I am a successful surgeon," he told Happy go Lucky. "Not only that," Happy responded, "You are a great motivational speaker." So it is that Lucky goes forth and collects insightful, refreshing perspectives on happiness that will entertain and delight readers. The Lion studied the results of Lucky's survey and applied the lessons. He was enabled to make happiness happen for himself and his subjects. Happily, he became affectionately known as the Contented King of Bushveld.

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