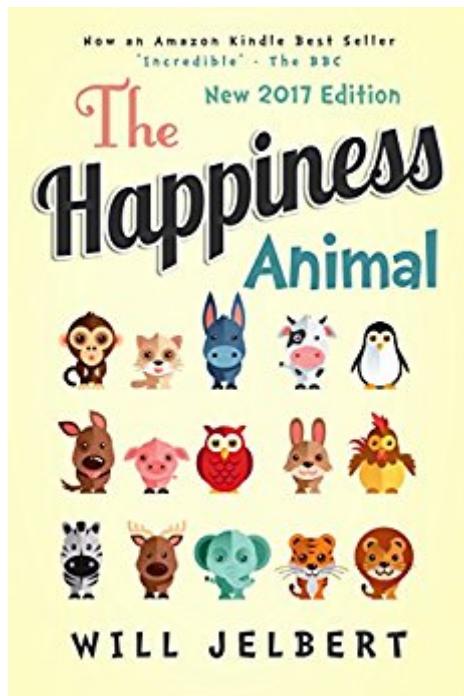


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# The Happiness Animal



## Synopsis

From one of the World's Foremost Happiness Experts and Well-being Journalists. Voted the #1 Happiness Book on Goodreads. Build up fitness in each of your five happiness muscles as you discover how giving a stranger a tissue, developing patience, trust and confidence, being radically honest and creating a statement of your life purpose can all help you connect well, be well, and feel well. Backed by research from the world's leading psychologists, this is a candid road map to a better life. \*Start exercising your second happiness muscle--kindness--right now: For every copy of The Happiness Animal sold on .com today, a hungry child in need will be fed for a day via the UN World Food Programme's ShareTheMeal App. Follow Team #TheHappinessAnimal on the ShareTheMeal App available from your App Store.

## Book Information

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## Customer Reviews

The Happiness Animal by Will Jelbert to read in today's age where things seem to be getting you to the next big moment. That's almost what things seem to be anymore, to get you from one moment of excitement to another. Which is actually exactly what the author struggled with and expresses at the beginning of his book. And it's good to hear someone else who

lives. The high life struggle with both depression and the struggle of finding happiness that lasts beyond the moment. Just because he was doing all these things it didn't necessarily mean that he was getting any lasting happiness from the activities. Jelbert's book was helped a lot by him giving example after example of the struggles that he faced in his own life. Something that certainly helps his book is that he has different exercises to help find happiness. Often, it seems like most self-help books are full of tools that the author has seen work in other people, but the author suggests these exercises because they worked for him, which is a lot better than most offer. The fact that Jelbert's exercises are backed by actual research helps lend him a lot of credibility since it seems like most books just emphasize being happy without much actual help. This book really helped me cope with some personal unhappiness that I have, things not going my way and what some good ways to deal with it are.

Greatness is not found in possessions, power, position, or prestige. It is discovered in goodness, humility, service, and character. If this doesn't sum the book, nothing else will. People tend to believe that money and things will make them happier, only to get those items and realize, "hey, I'm still not happy." Will Jelbert's book, *The Happiness Animal* is a book to show us how we can achieve happiness. Jelbert gives you five traits or muscles that you need to find happiness. These are honesty, kindness, tolerance, awareness, and courage. Each chapter begins with inspirational quotes and then a story relating to the topic. He then breaks down the topic into easy to understand information and all of this comes with a friendly, conversational tone. I also like that Mr. Jelbert isn't afraid to let you see what he went through, from having a seemingly perfect life to living a miserable one. He turned his life around and says in the book he lives most days happy. Isn't that what we all want, really? Something else I like with self-help books is that they offer you ways to practice what they preach. I can read a book all day but if it doesn't show you how to change, what is the use? The exercises are simple but effective. The book is also easy to get back to information you need to work on after you've finished reading. This is a book that can be a bible for happiness and something you will want to reference when you are struggling. I highly recommend this book for anyone that wants to find something more to life.

*The Happiness Animal* is a good book to read if you are looking for more ways to be happy. Life can be difficult and stressful, so it always helps to find out ways to be happier. The author includes a good point about how there really is no word for the opposite of demoralizing. Think about it. The

word moral doesn't mean the opposite of demoralizing. The author presents different things that you have probably already heard don't make you happy. But the author writes in a way that really gets the point across instead of simply saying something like money doesn't bring you happiness. I agree that materialistic stuff doesn't make you happier. Focusing too much on things in life that you can buy or want to buy that you don't need can make you miserable. My favorite muscle in the book was the kindness chapter. When I first started reading this book it was not what I was expecting. But that is a good thing because the author presented a bunch of useful information. I liked how there was various quotes to move the book along to the various points. I feel like I learned a few new things from this book. I thought it was interesting that once you reach the end, you can further your happiness animal journey by visiting the included website. It doesn't feel forced on the reader even though it is selling something.

I have always thought that it is silly for authors to write self help or advice books when they themselves have not been through the issues they write about. Typically, I believe it makes the author sound pretentious, and I therefore see them as unapproachable and as a result, I lack a connection with them or their work. Will Jelbert's The Happiness Animal is the opposite. It is a wellness book, with personal input from the author. Jelbert's honesty and openness allowed me to relate and really connect with his words. I truly enjoyed reading this book. The author has short anecdotes with well formed characters, and then discusses key points, problems, and solutions within each anecdote, most of which the reader may have overlooked. Jelbert's book also has mental and physiological exercises that are simple yet effective. The author's ability to delve into the minds of the human race and their innate need for happiness is enlightening. One of the chapters that really made me think touches on are disconnecting links that we automatically conjure with little or no conscious thought. For instance, I am a firm believer in to-do lists, at least for myself. I need them to know what I need to complete, and for the pleasure of crossing something off the list. But as Jelbert points out, we automatically associate things as needing to be done without considering the link, or how we decided they needed to be done. This is a book that will be read again and again, as lessons that may not have resonated now will surely come to light at later readings. I look forward to reading other works by Jelbert.

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