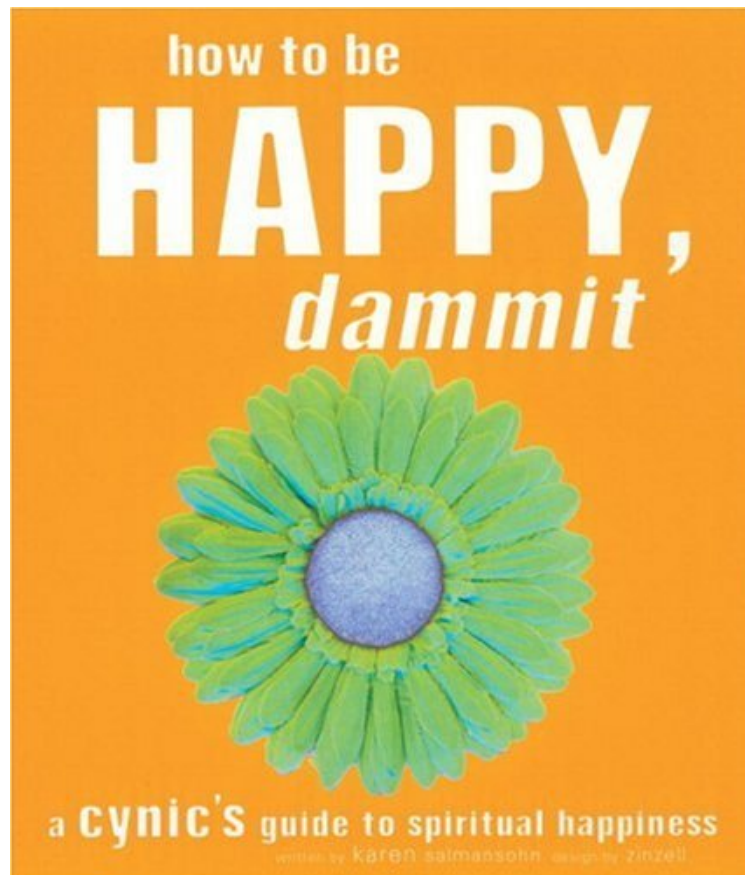


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How to Be Happy, Dammit: A Cynic's Guide to Spiritual Happiness

Karen Salmansohn

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Guaranteed to perk up even the most cynical spirit, HOW TO BE HAPPY, DAMMIT is the first and only self-help book that merges psychology, biology, eastern and western philosophies, quantum physics, and the Zen of Bazooka

Joe. Think love and happiness have passed you by? Think no schmaltzy book can help you capture the life-joy you're looking for? This book is different, promises author Karen Salmansohn. Peek within its colorful, uniquely designed pages, and you really will find pearls of wisdom to help you discover more satisfaction every day. And you'll find no saccharine sweetness here. This book tells it like it is, exploring the ups and downs of life in a straightforward, thought-provoking, and humorous way. HOW TO BE HAPPY, DAMMIT is the self-help book for people who don't buy self-help books. It may not change your life (unless you let it), but it will certainly brighten your day, even if you are a die-hard cynic. • Includes 44 life lessons that will save you years of time, effort, and navel-gazing. • Inspiring, fanciful graphics and illustrations throughout. • Karen Salmansohn's book How to Make Your Man Behave in 21 Days or Less Using the Secrets of Professional Dog Trainers has sold over 450,000 copies.

“Life Lesson #21: You must remember: You are here now . . . no, no, now . . . NO, NOW! You are a human being and not a human was or a human will be. So you try to spend more time being present—and less time being busy. Though, granted, things have gotten a heck more hectic since you were born. You now even have an answering machine. (You now even have people to avoid on this answering machine.) You also know that sometimes you can get so outrageously busy that you could pass by a troll standing on the street corner waving a million bucks at you . . . and you might not even notice. Meaning . . . Life Lesson #22: It doesn't matter how fast you get there if you're heading in the wrong direction.” —From HOW TO BE HAPPY, DAMMIT“Offers tasty mood food. . . a fascinating read.”
—The Toronto Star WeekAbout the AuthorNew Yorker and 'tween expert KAREN SALMANSOHN is the best-selling author of lots of books for adults including How to Be Happy, Dammit! (Ten Speed Press).