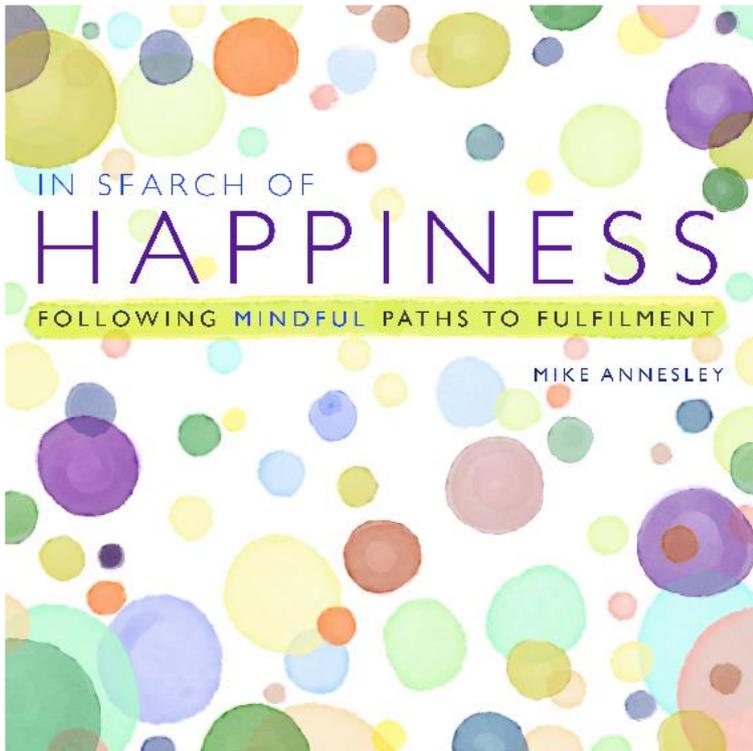


ADVANCE INFORMATION SHEET

IN SEARCH OF HAPPINESS



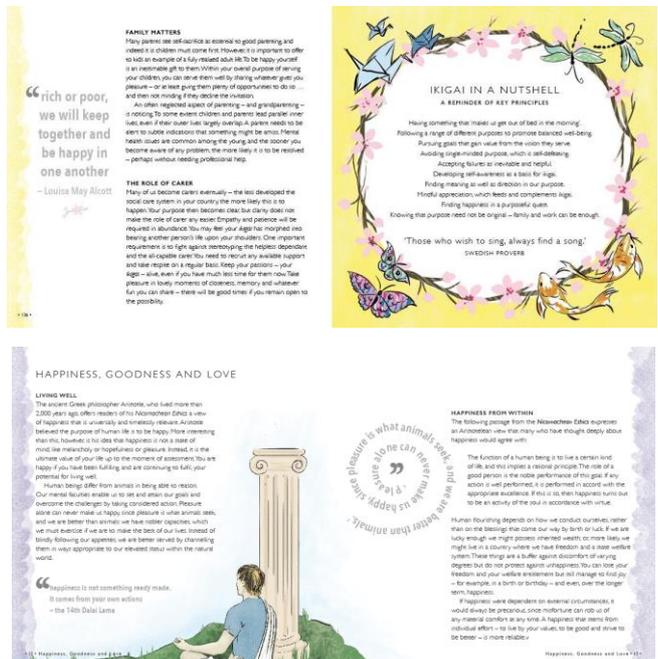
In Search of Happiness is the first book to present a range of happiness traditions separately, allowing you to opt for the one that suits you best in terms of your temperament, values and circumstances. Of course, you can mix and match, since the six traditions presented here are far from mutually exclusive. The traditions covered are: **HYGGE**: Danish ways to enhance your pleasure in home, company, nature, the seasons and the senses, and find your authentic self. **POSITIVE PSYCHOLOGY**: Proven ways to boost fulfilment through self-awareness, values, relationships, kindness, self-care, “flow” and positivity. **LYKKE**: Danish ways to build contentment through trust, togetherness, independence, health, compassion and new perspectives on what wealth means. **IKIGAI**: Japanese ways to find a rewarding sense of purpose matched to your character, interests, abilities and life circumstances. **LAGOM**: Swedish ways to attain happiness through moderation, simplicity, balance, fairness and gratitude. **TIBETAN BUDDHISM**: Buddhist ways to accept life’s challenges and discover value in non-attachment; mindfulness, compassion and awareness.

KEY SELLING POINTS

- Universal ways to find happiness – using the best of global traditions
- How to live in harmony with yourself, your circumstances and other people
- Easy ways to change your life for the better
- Make the most of what you have and know what to look for
- Dozens of inspiring lifestyle ideas – from habit-busting to time management

SPECIFICATION

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