



Happiness Anywhere Anytime: Happiness secrets revealed by missing socks, my dog, and a hitman

By Bruce Wells

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"By combining common sense, storytelling and research, Dr. Bruce Wells makes happiness accessible anywhere and anytime. If you want more out of your work, your relationships and life as a whole read this book and follow its prescriptions." Tal Ben-Shahar - author of the **New York Times Bestseller** "Happier"

LEARNING HOW TO BE HAPPIER HAS NEVER BEEN SO MUCH FUN!

Which 47-year old unemployed singer taught us the true value of using our strengths?

What is the one thing we forget to pack when we travel that is the difference between a terrific holiday and a ho-hum holiday?

How do we inoculate ourselves against the dreaded secondhand stress virus?

What can a trash and treasure market teach us about the uniqueness and the sameness of people?

What are the two priceless human qualities we learn best from our pets?

What must we spring clean from our emotional cupboards to prevent getting stuck in the past?

What can we learn about happiness from those socks that go missing from our washing machines?

In the delightfully witty and remarkably down-to-earth book, **Happiness Anywhere Anytime**, happiness and wellness consultant Dr. Bruce Wells charms you with a collection of warm, humorous and insightful stories which reveal the secrets of happiness. Describing common everyday events from kissing, to makeovers, and to reading horoscopes you discover that the secrets are actually in you - the source of your personal happiness lies, not in material things or goals or other people, but within yourself.

No longer do you need to depend on buying happiness at a clearance sale, marrying it at the altar, getting it through a promotion, or hoping to win it in a

lottery. This is false gold as the resulting feelings of happiness are fleeting at best and often reliant upon circumstances outside of your control. The focus of this book is on the most sought after kind of happiness - the type that is enduring, and which fulfills you and gives meaning to your life. This is 24-carat happiness and it can only be generated within you. And by you.

At the end of each of the stories you are directed to the Practice Happiness section of the book where Dr. Wells uses his 20 years of experience as a stress management consultant and wellness coach to guide you through a 4-step program full of tips and tools showing you how to change your thinking and behaviour habits to achieve deeper and longer-lasting happiness on a daily basis. You will learn how to:

- (1) Live from the Inside Out helping you live with greater passion and authenticity
- (2) Live with a Positive Attitude allowing you to develop a sunny confident outlook
- (3) Live in the Present helping you make the most of the here and now, and
- (4) Live a Fully Connected Life ensuring your relationships are more satisfying and fulfilling.

User-friendly and fun to read, **Happiness Anywhere Anytime** has been specifically written for people wanting solid practical strategies that will help them take control of their own feelings of happiness and in the process set them on the path to a more passionate and purpose-driven life, more meaningful and fulfilling relationships, and greater professional success.

By practicing the strategies described in this book you will become absolutely committed to the life-changing realization that lasting and fulfilling happiness can be yours.... anywhere anytime.

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Editorial Review

Review

"As someone who knows about the power of humor in influencing change, I am delighted to say that the stories in Happiness Anywhere Anytime are full of warmth, quiet wisdom, and chuckles galore. In addition, there is a terrific punch line - four easy-to-follow steps to enjoy the greater happiness you deserve!"

Allen Klein, **author** of *The Healing Power of Humor* and *Learning to Laugh When You Feel Like Crying*

"By combining common sense, storytelling and research, Dr. Bruce Wells makes happiness accessible anywhere and anytime. If you want more out of your work, your relationships and life as a whole read this book and follow its prescriptions."

Tal Ben-Shahar, **New York Times Bestselling author** of *Happier*

Dr. Wells' **Happiness Anywhere Anytime** is a collection of vignettes that takes a practical and calculated view at quantifying happiness as the preliminary factor in success. In the tradition of Aesop's fables, coupled with the modern life couch model this book acts as a guide for individuals to view the stories presented as both a motivational factor and a measuring stick on how to succeed. It is highly practical and would be useful to anyone who would like to get an analytical gauge on their own progress in life.

Dr. Thomas P. Corbin Jr., **Assistant Professor of Law** PMU University

Happiness Anywhere Anytime is not only a riveting read, it is a fantastic reference book for when you or the family hit the emotional skids and need a level-headed friend to provide a way forward. The language is simple, the stories engaging, and overall it's worth its weight in gold.

Mark Critchley, Senior Book Reviewer, **Issue Magazine**, CHINA

"Happiness Anywhere Anytime" shows how happiness is inside all of us with easy steps to make it part of our lives. Through a series of very useful stories this book points you along the path in reaching happiness that is very much within your own grasp. One of the crucial issues today is how and why so many of us are unhappy despite having achieved and sacrificed much. Bruce's masterful study shows despite any adversity we can all share in happiness and impart it to others, generously. A gem of a book which I recommend to everyone.

Dr. John Wallace

Laguna Hills, California

Users Review

From reader reviews:

Lena Stubbs:

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Brandy Felts:

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Tanya McGaha:

People live in this new day of lifestyle always attempt to and must have the extra time or they will get lots of stress from both way of life and work. So , if we ask do people have spare time, we will say absolutely yes. People is human not really a robot. Then we ask again, what kind of activity do you have when the spare time coming to you of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative within spending your spare time, typically the book you have read is actually Happiness Anywhere Anytime: Happiness secrets revealed by missing socks, my dog, and a hitman.

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