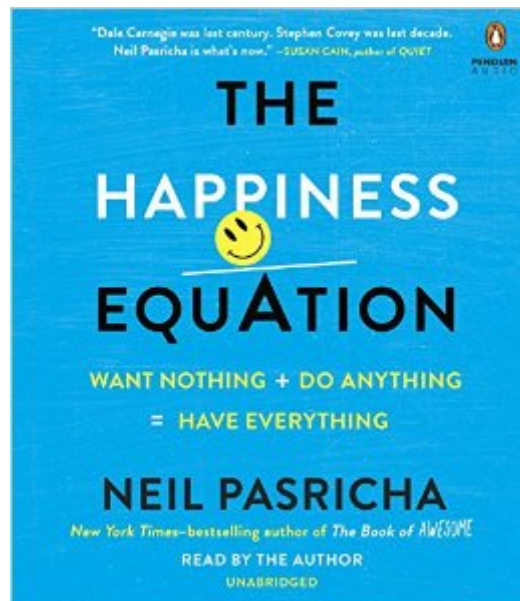


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# The Happiness Equation: Want Nothing + Do Anything = Have Everything



## Synopsis

#1 INTERNATIONAL BESTSELLER What's the formula for a happy life? Neil Pasricha is a Harvard MBA, a Walmart executive, a New York Times bestselling author, and a husband and dad. After selling more than a million copies of his Book of Awesome series, he now shifts his focus from observation to application. In The Happiness Equation, Pasricha illustrates how to want nothing, do anything, and have everything. If that sounds like a contradiction, you simply haven't unlocked the 9 Secrets to Happiness. Each secret takes a common ideal, flips it on its head, and casts it in a completely new light. Pasricha then goes a step further by providing step-by-step guidelines and hand-drawn scribbles that illustrate exactly how to apply each secret to live a happier life today. Controversial? Maybe. Counterintuitive? Definitely. The Happiness Equation will teach you such principles as: Why success doesn't lead to happiness How to make more money than a Harvard MBA Why multitasking is a myth How eliminating options leads to more choice The Happiness Equation is a book that will change how you think about everything your time, your career, your relationships, your family, and, ultimately, of course, your happiness. From the Hardcover edition.

## Book Information

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## Customer Reviews

Happiness seems to be a universal desire. But it also seems very elusive â like the Holy Grail â lots of people searching but few really finding happiness. Neil Pasricha, author of The Happiness Equation, has given some excellent tips for finding more happiness in life. The book is well written and interesting to read. And it contains some excellent tips that will help you toward your goal of

happiness. Mr. Pasricha starts by explaining why it is so difficult to suppress negative thoughts. He shares an interesting observation – “for 99% of the time humans have existed, the primary focus was survival. Our conditioning is to constantly be on the lookout for danger. Our survival depended on it. It is only in the last few hundred years that we have started to look for happiness.” I’ve read hundreds of self-help books. While many of the points Mr. Pasricha makes are not new, he does approach many of these topics from a fresh perspective. I really love some of the simple but powerful points he makes.

1. To avoid all criticism, set only goals that matter to you. Give up external goals – material or achievements that are outside and focus only on internal goals.
2. Always have a high opinion of yourself. Keep in mind the words of the Buddha, “You yourself, as much as anybody in the entire universe, deserve your love and affection.”
3. The average world income is \$5,000 per year. You have already won the lottery.
4. Never retire. Always be doing something useful.
5. How to prioritize anything in life

There are very meaningful quotes at the beginning of each chapter. In addition, there are a lot of hand drawn – scribbles – scattered throughout the book. These are used to illustrate the points he is making.

\*\*\*\*\*I just finished reading The Happiness Equation and feel changed overall--in a very good way--as though my life and my motivation has had a chiropractic adjustment. I’ve not read the author’s other books, but based on the cover and the stunning endorsements this book received, I was intrigued; I am vitally interested in personal transformation (I am a life coach) but I wondered what anyone could bring to the burgeoning field of happiness philosophies and the writings of a multitude of thought leaders. It turns out, this author brought a great deal. If you are interested in living intentionally, I highly recommend this book. It has an index! At the same time this book is an entertaining read and not academic at all. It is illustrated with fun, hand-drawn, napkin-type lists and drawings that help the reader understand the key concepts. The 9 "secrets" are conveyed and "taught" to the reader in a fun way so that you learn to remember them as code for what the author means. For example, Secret #3--"Remember the Lottery" will not mean much to you if you haven’t read the book, but if you have, you know that this meme stands for an important life principle--that of realizing what you have and that it truly, truly is ENOUGH. Yes, you’ve heard this before, but in this book, it is presented in an original and penetrating way so that you "get" it differently, better. I think I can integrate it into my life and USE it, REMEMBER it. The different secrets distill and represent many of the current happiness studies and the wisdom of the ages, organizing them in one place pragmatically, attractively, and in an original presentation.

So don't you think every college, university, and library would be full of courses and advice on how we can become happier? On how we can make decisions that spur ourselves into positive action every day? When I asked a hospitality CEO if he knew a book, model or website that actually helped people navigate and simplify their most challenging decisions so they can live with contentment, freedom, and happiness, he said, "That book doesn't exist. It would be like asking every high-powered executive, successful person, and positive leader to distill all the personal mental models they've created over their lives into one book. Nobody has ever done it." I know this is true because I've been searching for a practical book with real frameworks on leading myself to happiness for years. I wanted something beyond stories about generals, parables about penguins, and research studies with data pointing any which way. I wanted real, I wanted practical, I wanted clear. I wanted an action book that I could use every day. This is that book. ~ Neil Pasricha from The Happiness Equation Neil Pasricha is awesome. And so is this book. Ryan Holiday connected us and I'm glad he did. Neil's a fascinating guy—a Harvard MBA who runs a site called 1000awesomethings.com who also happens to be the director of leadership development for Walmart, one of the most popular TED speakers ever, the director of the Institute for Global Happiness AND the best-selling author of The Book of AWESOME series—with over 1 million books sold. (

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