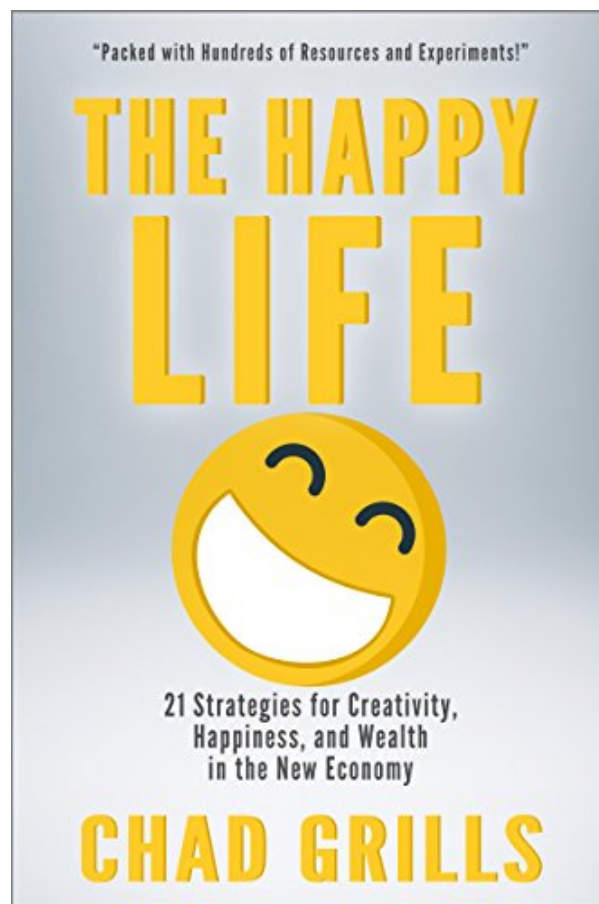


THE HAPPY LIFE: 21 STRATEGIES FOR CREATIVITY, HAPPINESS, AND WEALTH IN THE NEW ECONOMY BY CHAD GRILLS



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Review

"When I picked up "The Happy Life" I thought it would be an inspiration book. It is much more of an action book along the "teach a man to fish" lines, and that, I think, is what most people need."

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Discover : How to Master the New Economy and Create a Happy Life

The Happy Life is a roadmap to level up your health, relationships, skills, and entrepreneurial abilities. When we improve these areas of our lives, happiness becomes an inevitable byproduct. You already have greatness inside you, and by pursuing a happy life, you can realize it.

Learn and Implement: a Strategy and Action sections follows each chapter

These sections are filled with resources, principles, solutions, step-by-step methods, practical exercises, email templates, experiments, virtual mentors, and mental models that will increase your income, energy, relationships, and love for life.

Check out some of the topics The Happy Life covers:

- You Are The Hero Or Heroine Of This Journey
- The New Intelligence Test For Happiness
- How To Join The Future And The New Economy
- The Function That Produces Whatever You Want
- Master Your Mind, Body, And Micro-Biome With These Experiments
- The Key To Energy In Your Body And Miracle Grow For Your Brain
- How To Transmute Stress And Adversity Into Peace
- Find, Heal, And Grow Relationships With The CEO Practice
- Lessons In Love, Loss, And The Mindset To Create Great Memories
- Create Serendipity And Discover The Friendships That Can Change Your Life
- How To Beat The Robots!
- The Three Habits That Accelerate Learning And Create Opportunities In Your Life
- 52 Books To Spark The 52 + A Year Practice
- Secrets To Make Technology Serve You
- How To Reverse Engineer Entry Into The Fields Reimagining The World
- 58 Businesses Rebuilding America
- Build The Skills You Need In The New Economy
- Connectors and Training For Mastery
- Becoming A Monopoly Of One With Skill Layering
- Master Survival, Growth, And Signaling To Unlock Opportunity
- 58 Virtual Mentors (and how to learn from them)
- How To (Safely) Break Into Entrepreneurship
- Why Happiness Is Your Birthright

Download today and start building a happy life!

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Review

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Most helpful customer reviews

3 of 3 people found the following review helpful.

Well researched, well written, and incredibly uplifting!

By carissa backherms

Wow!!! I was all smiles at the end of this book. I expected to be inspired, but I walked away feeling more than that...I felt more prepared and capable of achieving my own goals. It's not about creating happiness...it's about improving the skills and areas of our lives that produce feelings of happiness. It was an interesting and organized approach for improving our daily lives and skills in a new, and always changing, world. I loved the way this book was written and organized. It was well-researched, well written, entertaining, informative, and uplifting. And it's not just a straight forward read; the reader is interacting, self-evaluating, creating your own checklists. I really enjoyed the sections on health, family, and creating opportunities. I found that most of it was applicable in my own life, and I made a few personal discoveries during this read, some areas I wouldn't usually factor into my happiness. This book is fantastic and perfect for pretty much everyone. I highly recommend it and plan to read it again in the future. 5 stars.

2 of 2 people found the following review helpful.

Life Re-evaluation

By reader

You come to the end of The Happy Life feeling as if you've just complete a psychological obstacle course. It's draining but it's worth it, and you do feel like re-evaluating your life. Almost every aspect of life is dealt with – happiness, ambition, family life, love life, health, education, money, civic duty, stress and depression. All human life is there. You feel as if you've been caught up in the author's whirlwind, and are forced to take part in a gruelling evaluation of yourself.

It's a rewarding process, nonetheless, and although the pressure never lets up, and sometimes you forget where you are, you are given tips to measure up against as you go along. Sometimes the author even numerates the questions you should be asking yourself and leaves blank spaces for you to fill in.

The exuberance of the author comes through on every page, and his energy carries you through even the most surprisingly radical steps of analysis. For instance, I had never thought of evaluating my friends and dropping them if they weren't giving me what I needed – or indeed my family members! But he does make a good point and it is something perhaps we should consider. (I think I'd like to ask his wife about how well this works.)

The one criticism I do have is that it is too long. I think restraining hand of a fierce editor would have compressed the book without losing any of its messages.

What helps one's journey through the pages is the clarity of the writing. Many of these kinds of books are turgidly written, but this zips along in clear, well-constructed prose, and helps to make it well worth the time taken to read.

0 of 0 people found the following review helpful.

Relevant to the changing world.

By DragonOne

The work environment is in constant change. Using old paradigms and out-dated skills and attitudes within the new global framework does not lead to happiness. This is a terrific primer on updating your attitudes and approach to finding true and lasting happiness in the workplace and in your life overall. What we once considered were necessary skills and attributes to find the best work for ourselves no longer applies and that includes the education you receive and the advanced higher-level degree you were about to take out a government loan for. Sprinkled with inspirational and informative quotes throughout it is very worth your while to at least consider some of the strategies and game-plans outlined in this book. If you change your mind about even one major concept in this book, it could change your life, your job and overall, your happiness.

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