



# Sunny Side Up: a story of kindness and joy

*Susan Calman*

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## **Sunny Side Up: a story of kindness and joy** Susan Calman

The Calmanifesto of Happiness. Comedian and broadcaster Susan Calman danced her way across our screens and into our hearts for 10 weeks on Strictly Come Dancing 2017, but how did this ability to find joy change her life?

Susan Calman's enthusiasm at being on Strictly Come Dancing was an inspiration to all of us. Cheer Up Love, Susan's first book, had a clear aim: to help people understand depression. Sunny Side Up has a similarly clear path: to persuade people to be kinder to each other and spread more joy.

These are extremely difficult and confusing times - people are cross and shouty. It's exhausting! But more than anything, people like Susan, people who don't hate other people, are apologising for the way that they think. Susan wants to make sure that they don't. That it's ok to love people, that kindness is something wonderful and brilliant and to bring on the joy.

So the mission is simple. To get the nation to join her in not being negative. To bring back joy, kindness and community, to find that joy in the little things in life and defeat the hate and fear.

Susan is a one-woman army of hope and joy, and she's ready to lead the nation in a different direction. This is her Calmanifesto of Happiness.

## **Sunny Side Up: a story of kindness and joy Details**

Date : Published September 6th 2018 by Two Roads

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Author : Susan Calman

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# **From Reader Review Sunny Side Up: a story of kindness and joy for online ebook**

## **Poppy99 says**

I like her, not overly keen on the book. There is a phase that book publishers are going through where they are getting comedians to write books. Started with kids books and now adults, in particular this type of lite self help book. I agree with the sentiment, we should all cheer up and be kind, and what I am about to say is not particularly kind (but this is a review site and there is no point in being falsely kind by giving it a good review) but it just feels a bit trite. But I stress, I like her, enjoyed her on SCD and various panel games. She is a good thing, but this is not a good book (to me anyway). It is getting good reviews on here so I am in a (joyless?) minority!

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## **Jools says**

I loved this book. The wisdom, insight and humour with which it was written had me giggling, nodding along with the text, and wishing I could be a sidekick for Community Action Calman! Kindness and empathy should be at the forefront of everything we do, and would make the world a better place almost instantly. I fully support the Calmanifesto - she gets my vote!

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## **Dljervis says**

Each turn of the page brought a little more joy. Didn't really want to finish it.

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## **Claire MacDonald says**

Excellent and funny

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## **Gemma says**

It's difficult not to love this when it's so joyful

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## **Ruth says**

A lovely book where Susan is trying to spread more kindness and joy.  
Reading it made me smile and there was some heartwarming tweets of kind actions from the public.  
Also loved the part about litter, toilets and children.  
really enjoyable book which also gets you thinking.

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### **Dawn Gill says**

I've been a fan of Susan Calman for years (Thanks Radio 4), and bought the first of her books - Cheer Up Love because I had a friend experiencing some pretty awful mental health at the time. I found that useful and Susan was kind enough to sign my copy when she visited Exeter. I was keen to read this next book because I'm also one of those people constantly expecting the worst, but hoping for the best, looking for the light in each situation and trying to be cheerful. So much so that I actually received a direct complaint from fellow managers once.

This book is full of positivity, jam packed with wonderful anecdotes from the nation about how an act of kindness has made the difference in their day. It's an uplifting, hopeful and joyous read, that inspires me to stick with it. Thanks Susan.

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### **Inge says**

This was a super lovely read and made me smile loads.

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### **Sheila says**

Another very honest, very readable and enjoyable book from Susan Calman. I could really hear her voice in my head as I read it, and will try to spread a little of the kindness and joy that she advocates.

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### **Anna Taylor says**

A great Calmanifesto - having seen her stand-up live, it's lovely to get a peek behind the curtain and hear her as she really is. I really liked the anecdotes and tweets describing acts of kindness scattered throughout the book. Her insights and reflections on how she has become braver, kinder and more joyful were funny and, at times, moving. It was a nice, enjoyable read.

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### **Emily says**

I never knew I needed a Calmanifesto of happiness in my life until now but it made me laugh a lot. The world would be a better place if everyone read this book and tried to be a kinder and more joyful person because of it.

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### **Kate Henderson says**

I loved Susan's previous book so I was desperate for this one. It was enjoyable and simple. Loved the fact

that she narrated her book too! There wasn't much substance to it but the message of the books was lovely!

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### **skippity\_doo says**

Rather delightful! A joyous read that will make you smile and feel better about the world.

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### **Shelly says**

YES CALMAN!!!!

I can truly say this book made me laugh, Ugly Cry and Joyful.

A mix of stories from Susan's life and her latest Tour. She asked audience members to tweet her Acts of Kindness, and they are scattered through-out this book. Wonderful.

From her last book about Depression, you know Susan was not always a Joyful person. And to read yet another book on 'How to Get Your Happy On' would be annoying.....

This is not that, this is far from a 'How Too' Book.

It's a group of joyful events from a a women I hold in great esteem.

A recent contestant on Strictly Come Dancing, she shares stories of her experience and her love for her Dancing partener Kevin Clifton (that's the bit that made me cry)

I could quote sections back forever, but the stand out moments for me where...

The fact the RIGHTLY Susan agrees that ALL JAM IS EVIL.

And that 'Although some people believe Bears are not indiginous to the UK. They obviously have never been to the right parts of SOHO'

A Gem of a Book!

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### **Katy Wheatley says**

I was given a copy of this to read by Amazon Vine. If you like Susan Calman you will love this, because it's basically her in book form. At its heart is the transformative effect that appearing on Strictly Come Dancing had on Susan. How it made her braver, how it made her think about the world differently. How, most importantly, it gave her joy, and how she translates that across into her every day life and tries to look at the world in a more positive way and share it with everyone. Having said that, it's not cloying, or annoying. It's funny and self deprecating and has a lot of asides about cats in it, and all of that is good. It is what she calls her Calmanifesto, and it's a good thing.

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