



Happiness for Two: 75 Secrets for Finding More Joy Together

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Pursuing happiness sounds easy, but with so many demands on our time and resources, it can be a challenge. So, how do we find happiness in a relationship—when there are *two* people who want and deserve to be happy?

Help is here, from a beloved (and blissfully married) lifestyle philosopher whose books and lectures on personal contentment have helped millions and whose popular Happiness Weekends are filled with dating singles, newlyweds, and long-married couples. In brief, readable essays rich in wisdom, practical strategies, and humor, Alexandra Stoddard shows how two people can be happy together, not at each other's expense.

Alexandra's essays help couples make personal happiness a priority ("Encourage each other to do something every day that will boost happiness"), connect in simple, powerful ways ("Give the gift of eye contact"), share decisions ("A home has no boss"), set family priorities ("Don't let children control you"), expand your horizons ("Encourage adventure"), be grateful for each other ("Treat each encounter as though it could be your last"), and have fun ("Live a little!").

Perfect for couples to read alone or together, *Happiness for Two* brims with useful ideas to help us "love and live happy."

Happiness for Two: 75 Secrets for Finding More Joy Together Details

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Author : Alexandra Stoddard

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Boston says

My husband and I finished Love Dare and figured we'd start a new book together . This got good reviews so I figured I'd like it... I didn't . It's basically think happy , be happy and your happiness with multiply. Reading it out load I felt like fraud . I stopped and asked my husband if I sounded like a used car salesman and he said I did. I did like the famous quotes in the book. I love the idea of the book however this just missed the mark for me.

Mellissa says

excellent book, hard to put down. i bought it thinking hubby and I could read a chapter a night but it is so good the first night I read 13 chapters. I highly recoment it. I love the famous quotes in it.

Amandanoel says

Just wasn't a format I loved and found some of the suggestions a little out there and others a little trite. Enjoyed about 1/3 of the suggestions

Ashley says

I enjoyed a lot of the author's tips, but there were a few too many tips about flowers. Buying fresh flowers and putting them all over your house, setting a nice table for your partner and having dinner together with your flowers, and bringing flowers to your partner just because. I got the book so that my fiance and I could read it together, but I think it's a little too foufy for him. However, the author has a great perspective and positive outlook that felt authentic and refreshing.

Sherry says

funky...

She might just be a tish too groovy for me. A few good ideas, it's worth looking it over.

Lisa says

Marriage

Victoriakwallin says

When I first picked up this book I thought it was an actual 'beginning, middle, end' book but quickly found out it was literally 75 short entries on suggestions for happiness for two. I was a little disappointed in that fact but have slowly made my way through it as it didn't feel like something to be read all at once or for long periods of time. I tried my best to savor each point and have finished with a smile on my face. If you read the book for what it is, you will most likely take away a couple good nuggets of truth worth remembering.

Charity says

I found many of the tips useful, but I also found the list somewhat repetitive and tedious to read. So I skimmed most of the book.

Gotta say, I wasn't enthusiastic about this book at first. I picked it up as part of my due diligence for my Happiness Project (February is Marriage Month) and procrastinated reading it until January was almost over. It didn't blow my mind, but it was better than I expected.

Lisa says

I really like this author for her blending of philosophy, religion, beauty and lifestyle commentary. I've met her several times and have always been struck by how happy and powerful her personality is, and how cute she and her husband are together. I was pretty excited about this book, and it has some great discussion and ideas on improving and maintaining your love relationship, which aren't the usual.

Shanna says

I got this book very discounted, so it was bought on a whim. While there IS lots of universal advice, I would say it's aimed at an older couple; I just get that sense. Some tips are kind of obvious, but it's nice to be reminded, I guess. There are some wonderful quotes, which made me add a star to the rating.

Mmoore says

I picked this book up at Anthropologie. I've read several of Alexandra Stoddard's lifestyle books and enjoyed them. She's all about striving to live a graceful, beautiful life, and I'm in favor of that. This book had some nice insights about living your life as a couple and putting that first always.

Raelene says

A lovely little happiness project - lots of small, considerate suggestions to help make your life, well, happier. Mostly common sense and a bit of humor and good-will-inspiring quotes, this is a nice collection to come to again and again.

Herve Tunga says

A lot of wisdom words with practical elements. A good read.
