



Happiness in Hard Times

Andrew Matthews

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Happiness in Hard Times is about:

surviving when you're broke how happy people think – and how you can be like them liking yourself before you lose that extra weight
persevering after you get the sack being happy before you meet your dream partner – and when they become a 'learning experience!'

Filled with Andrew's charming cartoons, and inspiring stories of people who have lost everything they had or almost been beaten by alcohol, illness, abuse or outrageous misfortune, *Happiness in Hard Times* shows us how we too can find our way through the pain to the contentment that seems out of reach.

Happiness in Hard Times Details

Date : Published 2011 by Seashell (first published 2009)

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Author : Andrew Matthews

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Genre : Self Help, Nonfiction, Psychology

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From Reader Review Happiness in Hard Times for online ebook

Jennifer says

I found this book when I was in a depression period. It really opened my eyes to the less fortunate out there. The stories are so inspiring which made my problems seem so small. A must read for those who always complain endlessly.

Natasha Sundar says

Fantastic book given by my hubby to me. My husband lives these principles in life and doesn't need to read the book. Very inspiring and definitely recommended.

Anazel Gamilla says

Awesome!!!! :)

Christian says

If you want to see the positive things in life even though problems keep on arising, then this is the book you need. If you want to stay motivated, then read this.

Debbie Sally says

Easy to understand. I love the notes and the stories. Thank you Andrew Matthews and Julie for wrote such a good book.

Beldandy Belissima says

This book was given to me by my pet sister from Singapore.

When I start readings this book, I started to look back at my life.

Most of the things he wrote down would resembled myself and I felt a hard slap across my face! What he said was true! every words of it.

But in here, I found ways to solve my emotions issue.

I got to know that happiness is not something we earn but something we choose!

This is by far the greatest self help book I ever read! and I'm having fun reading it too!

Mari Säisä says

Really good notes and stories about life which reader easily understands. I might wanna read other books from this series.

Thuydung says

Andrew Matthews l?i ti?p t?c có m?t cu?n ???c d?ch ti?ng Vi?t v?i cái t?a th?t kêu (và th?t s?n).

Mình ???c b?n gi?i thi?u ??c Andrew Matthews t? l?p 10. Thích ?ng t? ?y. Có l? mình vui vì h?i ?i h?c ?ã thích ???c th?t nhi?u sách self-help, vì bây gi? ??c nh?ng cu?n c?ng y v?y thì nu?t không trôi n?a. Ch? c?m th?y cu?n Happiness in Hard Times (HiHT) này có chút gì r?t công th?c, th?c d?ng h?n so v?i ?n t???ng c?a mình v? Andrew tr???c ?ây.

Nhi?u hình minh h?a ???c tái s? d?ng t? các cu?n ?ã xu?t b?n tr???c, n?i dung c?ng không có gì m?i, nên ?i?m phân bi?t v?i các cu?n còn l?i là vi?c HiHT ???ng các bài chia s? t? ??c gi?, là quá trình v???n lên t? nh?ng c?nh ng? r?t thê th?m, ch?ng h?n nh? b? m?t ng???i thân, b? b?o hành, nghi?n ng?p,... ?ó là ý t???ng d? m?n c?a sách, ??c vào các m?u chuy?n khá là k?ch tích, nh?ng cách th?c tóm g?n ??i ng???i r?i rút ra các bài h?c c?ng nh?c làm cho c? ph?n chia s? này c?ng thi?u v?ng c?m xúc v?i mình. Sách th?m chí còn vi?n ??n lu?t h?p d?n, v?n là thu?t ng? hot c?a th? lo?i self-help (theo mình th?y v?y), và ch?a nhi?u ?o?n khuyên nh? ng???i ta nên t? tin ki?m ti?n; thành ra càng ??c càng th?y nó ch?ng khác gì m?y sách d?y ??i trôi n?i trên th? tr???ng. Song nh?ng ?i?u ???c vi?t và khuyên trong sách thì mình không cãi, m?y cu?n nh? v?y âu c?ng là m?t cách lý gi?i th? gi?i c?a tác gi? mà thôi, và ?ng thì nói n?ng r?t hi?n hòa d? th???ng r?i, không ghét ???c. (1 phút t? thú: Andrew là tác gi? self-help ?a thích c?a mình.)

Cho 2 sao ch? y?u vì k? v?ng ban ??u c?a mình cao. Còn khách quan h?n thì mình ngh? nó ?n, và bình th???ng. Có l? mình s? mau quên cu?n này.

?inh Nguy?n says

it very good

Hemlet Kiai says

A very uplifting and inspiring book. Once started I just can't put it down. Highly recommended to whomever in search of happiness.

Farizuda Rosli says

Great book. It gives me motivation and encouragement each time i read and re-read the book. The true stories are really inspiring.

Virna says

I was into the Chicken Soup series when it was still a fad, and now I realized the series wouldn't hold a candle to this book! Mr. Matthews doesn't offer warm and fuzzy advices, but instead remind you that real people had been worse than you and they managed to succeed. The illustration is just a plus. I love the inspirational stories added in each chapter, and some even have website and email related to the person in the real life story. I asked my mom to read this, and she started to come out of her depression. We've just lost my brother, his son, and father to my nephew and niece. At the same time, I went through a personal problem that include leaving my much loved job. Somehow, I believe, after reading the book, that my problem can be overcome, and I have the right to be happy, even in hard times! So if you can only buy 1 book, leave the other mumbo-jumbo self-help books behind and get this one!

Thành ?ô St says

Hãy h?nh phúc khi b?n có th? h?nh phúc.
Hãy ngh? b?n h?nh phúc b?n s? h?nh phúc.

Stamen Stoev says

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