

Lucky Go Happy: Make Happiness Happen!

Paul Van Der Merwe

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Described as "The best book as far as the attainment of happiness goes." by readersfavorite.com, Lucky Go Happy is an amusing, modern-day fable for adults and teens alike.

Readers wanting to make happiness happen for themselves or those around them will gain insight into being happier - and being happy more often.

Happiness, emotions and positive psychology are abstract concepts that are generally difficult to explain and understand.

Adopting a unique approach, Lucky Go Happy unpacks these abstract concepts using the odd elementary graph and image, which when conveyed to readers through a fable makes for an informative and entertaining read for young and old.

Lucky Go Happy follows the adventures of Lucky the Rat who has been sent into the African Bush by King Lion, to discover what makes other animals happy.

Through various encounters with remarkable characters, Lucky captures some reviving new takes on happiness which he has to present to King Lion in a report before the next rainy season. King Lion hopes to regain his own happiness after reading the report.

Lucky Go Happy will:

- demonstrate how we lose more than 70 percent of potential happy time by living for weekends only
- explain how contentment can yield the same amount of happiness as ecstasy
- provide concrete proof that money can never - and will never - make us happy
- highlight why it is absolutely essential to be unhappy at times-
- illustrate why a midlife crisis happens
- show that happiness is not around the next corner; it is here and now,
- and help you understand how happiness works.

Rather than waiting for happiness, you can make it happen for yourself and for those around you!

Visit www.luckygohappybook.com

Lucky Go Happy: Make Happiness Happen! Details

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From Reader Review Lucky Go Happy: Make Happiness Happen! for online ebook

Sandy says

I was given a copy of this book in exchange for an honest review.

Here it is.

I had fun reading it. It is a cute book and meaningful too. There is a lesson to be learned on happiness.

3/28/15

I loaned this book to a friend and she absolutely loved it.

Leah Oviedo says

This book was gifted to me and I really enjoyed it.

In the book introduction he writes, "Happiness is a complex puzzle. Every chapter of Lucky Go Happy covers a piece of that puzzle and provides insights into the workings of happiness." Through a clever and enjoyable adventure by the main character, Lucky the rat, the author reminds readers that true happiness involves a combination of our actions, thoughts, and daily activities. As Lucky travels across the land he encounters animals, birds, insects and even trees who share with him their own adventures of finding happiness.

Each chapter shows us different forms of happiness. My favorites included an elephant who learned a new skill, the butterfly enjoying each stage of life, a rhino living in gratitude and a Baobab tree who realized happiness is not conditional.

After years of depression and unsuccessful "retail therapy", I finally know that long lasting, sustainable happiness comes from within.

Rose Collins says

Fabulous and highly entertaining read!

Incorporates a strong positive psychology message, happiness advice and hilariously funny anthropomorphic animal characters into a children's animal adventure tale.

Gets the message across brilliantly without any preaching, hectoring or disguised misery memoirs.

Fantastic fiction with an insightful fable style, nothing like a standard self-help book.

My favorite character was The Fish Eagle who catches enough fish to feed himself, rests in the quiet secluded shade of a tree and spends the rest of his time loving the beautiful view afforded by his hammock. A creature greatly appreciative of the perfectly simple life it has- with few luxuries but all basic needs met and absolutely free of trouble, stress, greed, envy and discontent.

Indeed Fish Eagle is right "The happiness we search for is already there, we only need to see it to enjoy it".

Amazing humor- a marketing executive hyena artificially manufacturing unhappiness to sell his wares, an animal support group for PIAS (predator induced anxiety syndrome), Honey Badger travel agent extraordinaire whose travel packages guarantee that animal tourists will see humans in a poacher free luxury game park.

The best book about happiness I have ever read!

LinnC says

This is an absolutely delightful little book on happiness that has good advice on virtually every page. Mainly it dishes out advice on what to do to create more happiness in your own life, examples of others who have sought happiness from external stimuli and failed, as well as stories about what has been proven to work for scores of people (and animals). It's a story, yet it incorporates advice and humor. It's an adventure with reflection, thought and insight. I recommend this book to anyone who is trying to become more positive or simply wants to enjoy his or her life a bit more.

Claire - The Coffeeholic Bookworm says

This had been a highly entertaining and thought-provoking book. At first glance, you'll think this is some kind of a Self-Help book teaching you how to find happiness. But, surprise, surprise! Lucky Go Happy isn't just your ordinary book. There is quite a story to it, a journey of sorts, on how a Lion King sent his friend, Lucky the Rat on a quest to finding real happiness. This book or fable has depth, heart and soul.

Lucky was fortunate to have met a number of animals, who in one way or another, have unknowingly taught the rat the reality of happiness, how easily it is taken away from you, how it is often overlooked and taken for granted, and how it could be cultivated and earned in our everyday lives. The animals - Elephant, Baobab, the Panda, Buffalo, Rhinoceros, even the butterflies - had all shared their insights, experiences, lessons and opinions about the different kinds of happiness.

Clearly, the author had researched thoroughly for this book. He meant for the readers not only to enjoy, but also to learn and meditate and contemplate. If we are forever looking for the happiness that will fulfill our lives, this book will definitely help us a lot!

Julie Larrucea says

Such a cute story with great reminders on how to be happy! Book for all ages!!

Amanda says

Very cute and good story about happiness, lots of good lessons in this book, would be a good book to read to a child. Good for adults too.

Aaliyah says

Great read... very insightful.

Janice Spina says

Lucky Go Happy is a positive book reinforcing the need for all creatures to realize happiness in their lives. Lucky is a rat who is commissioned by lion to find out all he can about the state of happiness and its importance and meaning from other animals' perspective. Lucky travels far and wide and gathers all the material and evidence from other animals along the way. Each animal gives Lucky his take on what happiness means to him. Some animals supply graphs depicting their lives and results of whether they were happy and how they achieved this happiness.

This is an upbeat story that will make the readers think long and hard about their lives and if they achieved happiness. If they have not then what they should do to obtain it. This story was written in a clever way by using animals instead of people. I was given this book in exchange for an honest review. I would recommend it to those readers who need direction in how to obtain a happy life.

Aishwarya says

I won this book on a Good reads giveaway and i found it to be a perfect little book holding the answers to the complex puzzle called "happiness".
Kudos to this insightful endeavor!

The Happy Librarian says

The only book about happiness you will ever need.

The book is extremely well written and conveys the message without preaching to you. Even people that do not like self-help books will enjoy reading Lucky Go Happy.

The book contains a lot of wisdom and humor which makes it both easy and fun to read for everyone aged around 15 and up.

The reader follows the adventures of a rat named Lucky as he travels through the African bush on request from King Lion. Lucky's mission is to find out from other animals what makes them happy, and then to report back to Lion.

I took away quite a few lessons on how to be happy that I will implement in my own life. I will definitely read the book again in a few months to measure myself on what I implemented.

Vicki says

This was a cute story about a rat named Lucky who is sent out by Lion to find out from all the animals more about what happiness is. It was well-done and had many good reminders about what happiness is and is not and how we can never be happy by having things or money. We need to relish in what we do have and count our many blessings.

Sheila says

With chapters that separately cover their own pieces of the “complex puzzle” which is happiness, Paul Van Der Merwe offers a story-book on happiness that might equally be read by random dipping as by sequential reading—rather like happiness itself. Parable or fable, these tales read smoothly and “happily” while teaching wise lessons through humor and animal interest. I read them sequentially, laughed out loud on occasion, and thoroughly enjoyed those stings in rat-like tails—Lucky being a rat (and a math teacher, no less!) in a Bushveld world of lions, elephants and more.

Based on a theory that all our actions are aimed at increasing happiness, Lucky is sent to investigate the stories of other animals. Pleasing humor invites the reader into each tale, and intriguing situations transport modern life into the world of animals, as creatures tell what they’ve learned of happiness. The stories are offered with an unforced sense of fable, making this a really enjoyable read.

My favorite story just might be the marketing executive hyena, creating “unhappiness while also supplying the fix.” “Be happy with the fur you live in” might be the wisest advice to un-furred humans as well as to Lucky the rat. And my favorite lesson? Well, I’m just going to check this review off my to-do list, plan next year’s vacation, and take life a little slower. I’m not sure happiness really is the only destination, but I do know I enjoyed this book. It’s even got (simple) graphs to appeal to the mathematician in me—after all, Lucky is a math teacher!

Disclosure: I was given a free copy and I offer my honest review.

Bob Rich says

From Aesop’s Fables on, animal stories have often been used to teach deep lessons. As a father long ago, and now a professional grandfather, I have enjoyed many. Nor are they all for children -- think of Watership Down for example.

Paul has used this time-honoured device in a delightful way, to present the findings of Positive Psychology in what is supposedly a children’s book. As is often the case, adults will get more out of it than kids, although a bright 10 to 12 year old will benefit, not only learning about how to strive for a good life, but also being presented with some simple mathematical concepts in an enjoyable way.

I love the twists of humour, like Vulture being a vegetarian greengrocer, or that HAPPINESSISNOWHERE can be “happiness is nowhere” or “happiness is now here.”

Paul has earned my particular approval for demonstrating with mathematical exactitude that money has nothing to do with happiness. This is done in several guises, each entertaining and easy to understand. And in our greedy, conflict-ridden age, it is nice to see the creatures of the Bushveld acting with decency, compassion, generosity and wisdom.

I wish humans could follow them.

Sally Kahler says

Nothing revolutionary in the thinking here but a very fun way to examine what is important in your life and the choices one makes in pursuing happiness. Each animal the rat interviews comes up with individual thoughts.

Steven says

Loved it!!!

Belle says

There is a lot of wisdom locked up in this little book and the lessons are cleverly conveyed to the reader in a thoroughly enjoyable story. The topic of happiness has been covered in so many books, but this one is different with new and enlightening angles on this age-old topic. I would recommend this book to anyone - a great read!
