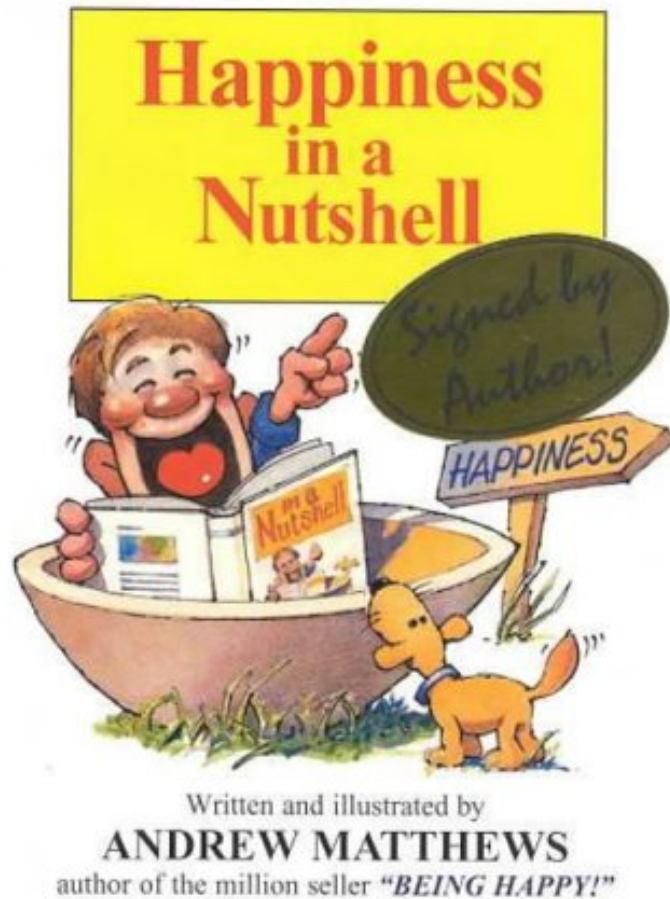


Happiness in a Nutshell

Andrew Matthews

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Andrew Matthews : Happiness in a Nutshell before purchasing it in order to gage whether or not it would be worth my time, and all praised Happiness in a Nutshell:

1 of 1 people found the following review helpful. Short and Sweet!By Tom McGeeAndrew Matthews is one of my favorite authors. Having read Follow Your Heart, Making Friends, and Being Happy, Happiness in a Nutshell is a tiny little back pocket sized 80-page "Nutshell" synopsis of material contained in those books. Andrew is also an artist who draws funny cartoons to reinforce his points. This is a great coffee table book to read now and then to remind ourselves that we are what we think and that we can be happy if we choose to.I recommend this book for people of all ages and nationalities. It is a great gift item. Though short it contains essential life lessons that many of us loose sight of.1 of 1 people found the following review helpful. Change Your ThinkingBy Janette FullerThis book provides food

for thought served with a large dose of laughter. Mr. Matthews shares wisdom and wit in his endeavor to explain the key to true happiness. This little volume will put a smile on your face and inspiration in your heart. It took me about ten minutes to read the book and it was time well spent. The advice for finding happiness is right on target and the original cartoons are just delightful. This is the kind of book that should be read over and over again. It is a simple and effective reminder that we can be happy....if we want to be. 0 of 0 people found the following review helpful. Great Read and Cleaver art work By DelscorchoTIZ This is a Must have for folks that find themselves easily swayed by negativity or emotional swings. The Author does a great Job of communicating very well, with just the right amount of humor.