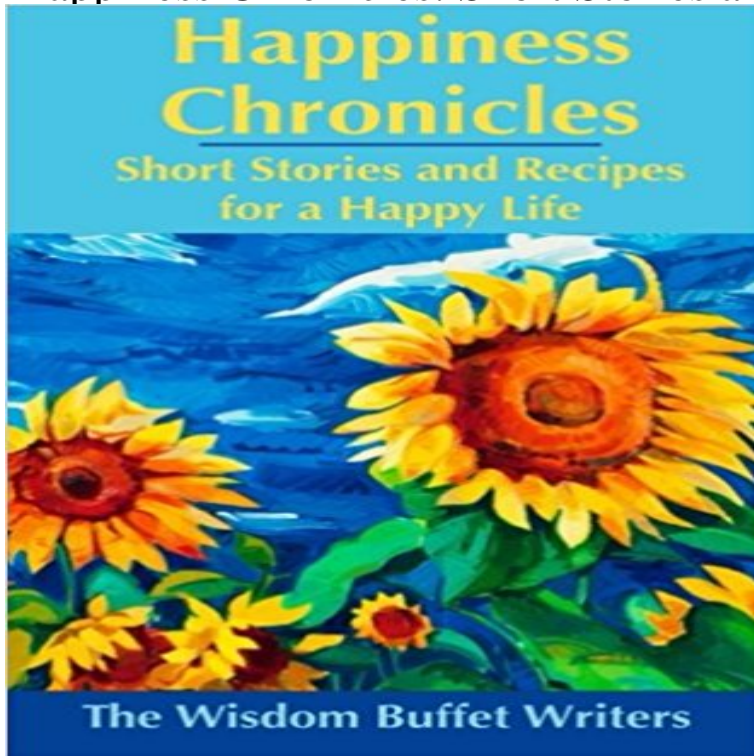


Happiness Chronicles: Short Stories and Recipes for a Happy Life



I was reading this book, The Master Key System by Charles F. Haanel, a turn of the century New Thought writer. What's now a complete book, in 1916, it was broken up into twenty-four subsets or periodicals. It has action steps at the end of each subset on how to unlock the law of attraction and change your life forever. Approximately two years after reading a passage from Frederick Elias Andrews in The Master Key System, I set out to find seven like-minded writing partners who were interested in exploring these ideas of guiding principles to becoming happy in their own life. Together, we are writing eight books about our collective wisdom on the affirmations; I am whole, perfect, strong, powerful, loving, harmonious, happy, and healthy. We call ourselves The Wisdom Buffet Writers. Welcome to our first book: Happiness Chronicles Short Stories and Recipes for a Happy Life. Customer Reviews: Catherine says: - 5 Stars I particularly appreciated the chapter by Katherine Graham, a wife, mother and business owner, about how to be a happy woman in modern society. Her advice: *Let go of expecting yourself or your life to be perfect. *Gain perspective by not taking things personally. *Set boundaries with your time and energy by learning to say no to excessive demands. *Choose to trust the unfoldment of your life. Ruth says: - 5 Stars What a great book that helps us find what we all really want anyway! I love that each chapter is written by someone with a different perspective, so that depending on my mood, I can dip in and pull up something to carry around in my mind for the day. A great book for morning meditation, evening relaxation, or when I'm hold interminable hold on the phone. The little aphorisms are wonderful. Be yourself, everyone else is taken. from Oscar Wilde. The chapter that spoke volumes to me was Angi Ma Wongs Secrets to Happiness. She advises readers

to make a list of the things that make them happy and do at least one, every day. Such simple advice, and how astonished I am that I don't do that! Belinda Mendozas chapter on pets and the happiness they create is very insightful, especially since it starts with her talking about the loss of a beloved pet. We spend all kinds of money and time pursuing happiness, but this is an inexpensive book that we'll read, will provide more happiness than all the other diversions of a lifetime. Frankie says: - 5 Stars Excellent inspirational read...you will not be disappointed! I'll return to this book several times this year (and for years to come) to draw on its happiness energy! M says: - 5 Stars This is a great book to read in small pieces. The table of contents is perfect as I can choose a chapter based on how I feel that day. Each chapter is a short story, exercise or recipe that reminds me of what it means to be happy. I'm looking forward to their next seven books.

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