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14,000 Things To Be Happy About.: Newly Revised And Updated



Synopsis

Something to be happy about: This mesmerizing bestseller is revised and updated. Originally published 25 years ago (happy anniversary!) from a list that Barbara Ann Kipfer started making as a child, it's the book that marries obsession with happiness. And it now has 4,000 fresh and more current reasons to be happy: Rabbit tracks in the snow. Kiteboarding and kitesurfing. Caramel gelato. Scoring super-high on a Scrabble turn. Babies burping. Summer storms. White cupcakes with multicolored sprinkles. Big red barns. 20 minutes all to yourself. No opinions, no explanations, no asides, no footnotes, editorializing, or proselytizing. Just the simple premise of a list of things that make us smile. With its chunky shape, striking black-and-white cover, and 100 whimsical illustrations by Pierre Le-Tan, the new 14,000 Things is an irresistible catalog of good thoughts completely updated to reflect today's world and an uplifting gift for people of all moods and all ages.

Book Information

Paperback: 624 pages

Publisher: Workman Publishing Company; 3rd ed. edition (October 21, 2014)

Language: English

ISBN-10: 0761181806

ISBN-13: 978-0761181804

Product Dimensions: 4 x 1.3 x 5.9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (113 customer reviews)

Best Sellers Rank: #18,872 in Books (See Top 100 in Books) #70 in Books > Health, Fitness & Dieting > Mental Health > Emotions #262 in Books > Health, Fitness & Dieting > Mental Health > Happiness #728 in Books > Self-Help > Personal Transformation

Customer Reviews

If I had bought this book a year ago, I would have hated it. Probably because I didn't have anything in my life to be particularly unhappy about and this is just a bunch of random things that some random person I don't know finds interesting or appealing or enticing. But then my mom passed away about 6 months ago, out of the blue. After that, the things that had made me happy before didn't seem to matter or to be able to make me happy anymore. It put things into perspective. Without her, I didn't know how to not just be completely sad. I found and ordered this book on a whim, just reaching out for anything that might be able to make things a little better. I took the first

blank page and actually wrote out why I needed help being happy and what I was feeling and going through. Then, each night before bed, I made myself read about 10 "things to be happy about." And I made myself write my own 10 things to be happy about right next to them, in the margins. I made myself do it every single night. And through my tears, I did find 10 things to be happy about each night, even if it was hard to get into that mindset. It helped me end my day on a positive note and to go to sleep thinking about things that were a little brighter and a little lighter. I was still sad (and still am, and part of me will always be), but it helped me to slow down, stop for a minute, and focus on what I did and do still have to be happy about in my life. Honestly, the 14,000 things to be happy about could have said anything. S'mores. Rainbows. The color orange. Extra long hugs. Slurping spaghetti noodles. It didn't matter to me. But the book in general - the idea and theme of it - was what helped me.

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