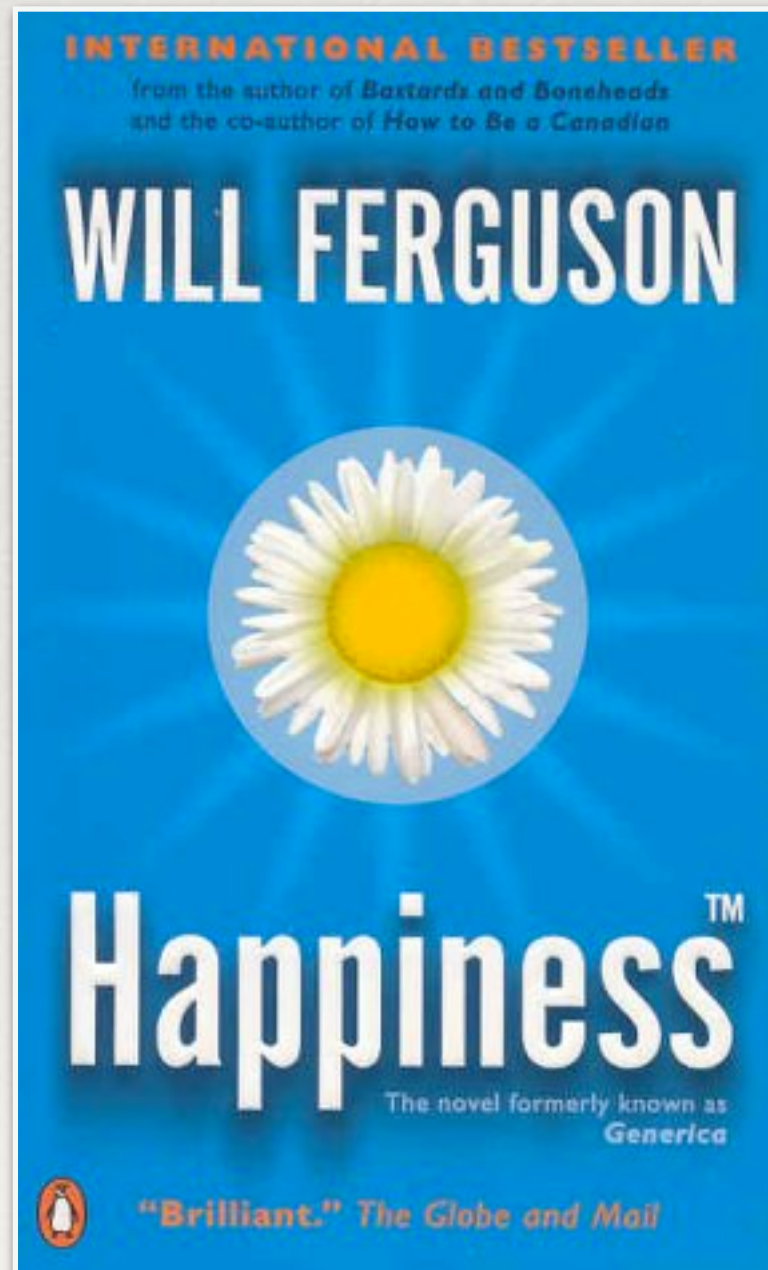


Happiness



I finished the book!

It's brilliant!

Happiness

I bought this book at the moment when I hated everything around my world and didn't want to talk to anyone. Because if I cannot solve the problem in my heart, talking to others will only add more trouble and waste time.

Maybe Destiny saw that dark cloud around me. When I was listening to the news, PBS book recommendation recommended Happiness, they said it's a brilliant self-help book. After everyone finished reading it, they just laughed and all of their problems got solved.

Really?! I really need that! I need a self-help book to strengthen my heart and make me feel happy again!

Also, very lucky, I found this book in an old bookstore! It's an AMAZING book!

Happiness

It doesn't tell you any historical stories.

It doesn't show you any case study.

It doesn't tell you what to do what to think in plain words.

It's a story!

*Full of wisdom and humorous,
and you can relate!*

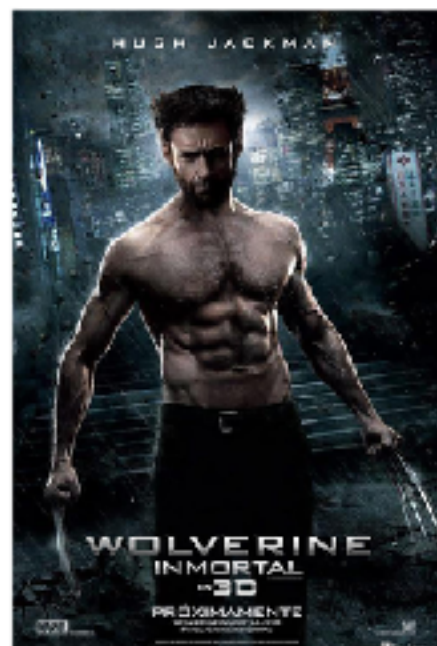
*The author put his thought within 5 words along the story,
and you can't agree more!*

Happiness



*Human beings are really good
at imaging disasters.*

*And the background all have
buildings....*



Happiness



*Have you ever imagined
the moment, when paradise
invaded the whole world,
happiness has become
endless along the time.
People all feel satisfied and
therefore they are happy all
the time?*

Happiness

*I also love the author's passion towards books here,
I even feel it has some elements quite similar to
Fahrenheit 451*



Happiness

Now my heart is becoming stronger and stronger.

I have learned to adjust my thought to the environment and the situation.

I have learned to find the bright side from things.

I have learned to to enjoy every piece of happiness.



Today, I put our office bear on the kitchen table in the early morning.

During the lunch time, when I got to the kitchen, people in this office had not only made him the lunch but also a nice hat.

I enjoyed that moment of happiness :)

Happiness

*The rhythm of Studio Ghibli music
started to keep singing in my mind again*