

Our Little Happiness

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Our Little Happiness

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BRIGGS WALLS

[Loading Penguin Hugs](#) Andrews McMeel Publishing

A beautifully illustrated cover edition of Rumer Godden's classic story about friendship and family, Miss Happiness and Miss Flower. When little Nona is sent from her sunny home in India to live with her relatives in chilly England, she is miserable. Then a box arrives for her in the post and inside, wrapped up in tissue paper, are two little Japanese dolls. A slip of paper says their names are Miss Happiness and Miss Flower. Nona thinks that they must feel lonely too, so far away from home. Then Nona has an idea – she will build her dolls the perfect house! It will be just like a Japanese home in every way. It will even have a tiny Japanese garden. And as she begins to make Miss Happiness and Miss Flower happy, Nona finds that she is happier too.

Happiness: A Memoir Hachette UK

Starting from the happiness of waking up into a brand-new day, the book goes on to explore the kinds of relationships and contrasts that play out between our feelings and experiences every single day. Words and images play beautifully present these contrasts from left to right, and across a couple of long gatefold pages. Whether it's the nervousness of a beginning paired with the happiness of a middle; the indignity of a cut against the

happiness of a scab; the boredom of nothing to do contrasted with the happiness of nothing to do; or the divide of mind against the happiness of our, these pages challenge the reader to think about daily activities and experiences and the feelings they conjure. They also lead us to think about the substance of our happiness, and what the ingredients of it might be. Written with subtlety and nuance and illustrated in pencil, pen and watercolor with great tenderness, *The Happiness of a Dog with a Ball in its Mouth* is a gentle, fun, and philosophical read, with which to both start and end the day.

The Happiness Project Penguin UK

"Happiness starts small; learn to recognize it. It's like a weed we see every day but cannot identify." Thus begins *Small Happiness*, an invaluable guide to "all" of human life including such vital subjects as: decorating with books, dancing as medicine, composting, the "Slow Read Movement," how to conduct a wedding, secrets of invigorated aging (including an interview with Sparrow's 100-year-old father), the art of aroma, and self-psychoanalysis. After buying *Small Happiness*, you may guiltlessly burn all your previous self-help books.

The Little Book of Hygge Thames & Hudson

Swap worry and anxiety for joy and contentment and choose to live in a happier way. Happiness is like the answer to a riddle. The more we want it and the more we seek it, the more elusive it becomes. And yet, when we are least conscious of looking for it, it can envelop us in a warm sense of contentment and belonging, making a single moment precious and valuable beyond measure. A feeling of happiness has the power to light up our

whole being. Scientists will tell us that happiness has the power to heal and to extend life. It is the ingredient we all seek to make our lives complete. Like the air we breathe, we are not conscious that we need it, until it disappears. Happiness makes us feel glad to be alive. The Little Pocket Book of Happiness offers you a more joyous approach to living and thinking; a shift in approach that may reframe your view of the world; simple things you can do to reconsider your life – consciously – so that you can decide whether now is the time when you can be happier. It includes strategies to warm the heart and open the mind to the extraordinary power of happiness. It shares the experiences of others and provides the closest we might have to a happiness 'formula'. The good news is, happiness is within everyone's grasp.

Marina Spross'es poems and songs Andrews McMeel Publishing

"This book made me happy in the first five pages." —AJ Jacobs, author of *The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible* Award-winning author Gretchen Rubin is back with a bang, with *The Happiness Project*. The author of the bestselling *40 Ways to Look at Winston Churchill* has produced a work that is "a cross between the Dalai Lama's *The Art of Happiness* and Elizabeth Gilbert's *Eat, Pray, Love*." (Sonya Lyubomirsky, author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*) In the vein of Julie and Julia, *The Happiness Project* describes one person's year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

The Nine Rooms of Happiness Gaia

One of the great purposes of life is to be happy. If you're one of the millions of people searching for happiness, stop chasing your tail – it's already here. Right here, right now. You just need the tools to access it. In this empowering little book, Bernadette Fisers shares her practical steps to a joyful life that you can start straight away. From living in the moment and moving your body, to getting out into nature and embracing failure, these are real tips for real people that anyone can embrace. In an hour, you'll be on your way to a happier you.

The Ministry of Utmost Happiness Phaidon Press

Lykke (Luu-kah) (n): Happiness It's easy to see why Denmark is often called the world's happiest country. Not only do they have equal parental leave for men and women, free higher education and trains that run on time, but they burn more candles per household than anywhere else. So nobody knows more about happiness - what the Danes call *lykke* - than Meik Wiking, CEO of the Happiness Research Institute in Copenhagen and author of the bestselling sensation *The Little Book of Hygge*. But he believes that, whilst we can certainly learn a lot from the Danes about finding fulfilment, the keys to happiness are actually buried all around the globe. In this captivating book, he takes us on a treasure hunt to unlock the doors to inner fulfilment. From how we spend our precious time, to how we relate to our neighbours and cook dinner, he gathers evidence, stories and tips from the very happiest corners of the planet. This is the ultimate guide to how we can all find a little more *lykke* in our lives.

My Art Book of Happiness Simon and Schuster

Reese's Book Club x Hello Sunshine's April 2018 book pick A shirt-grabbing, page-turning love story that follows a one-of-a-kind family through twists of fate that require nearly unimaginable choices. Happiness begins with a charming courtship between hopelessly attracted opposites: Heather, a world-roaming California girl, and Brian, an intellectual, homebody writer, kind and slyly funny, but loath to leave his Upper West Side studio. Their magical interlude ends, full stop, when Heather becomes pregnant—Brian is sure he loves her, only he doesn't want kids. Heather returns to California to deliver their daughter alone, buoyed by family and friends. Mere hours after Gracie's arrival, Heather's bliss is interrupted when a nurse wakes her, "Get dressed, your baby is in trouble." This is not how Heather had imagined new motherhood – alone, heartsick, an unexpectedly solo caretaker of a baby who smelled "like sliced apples and salted pretzels" but might be perilously ill. Brian reappears as Gracie's condition grows dire; together Heather and Brian have to decide what they are willing to risk to ensure their girl sees adulthood. The grace and humor that ripple through Harpham's writing transform the dross of heartbreak and parental fears into a clear-eyed, warm-hearted view of the world. Profoundly moving and subtly written, Happiness radiates in many directions—new, romantic love; gratitude for a beautiful, inscrutable world; deep, abiding friendship; the passion a parent has for a child; and the many unlikely ways to build a family. Ultimately it's a story about love and happiness, in their many crooked configurations.

Little Little Happiness Shambhala Publications

★ "A quiet loveliness, sense of gratitude, and—yes—happiness emanate from this tender celebration of simple pleasures."—Publishers Weekly, starred review The sun on your face. The smell of warm bannock baking in the oven. Holding the hand of someone you love. What fills your heart with happiness? This beautiful board book, with illustrations from celebrated artist Julie Flett, serves as a reminder for little ones and adults alike to reflect on and cherish the moments in life that bring us joy. International speaker and award-winning author Monique Gray Smith wrote *My Heart Fills with Happiness* to support the wellness of Indigenous children and families, and to encourage young children to reflect on what makes them happy.

Joy in the Little Things Andrews McMeel Publishing

Small in size, but big in purpose, *The Little Book of Happiness* is a guide to realizing and achieving true joy in one's life. Full of heartfelt wisdom communicated in a mantra-like style, this little take-along volume gives a lift wherever it's needed: at work, at home, or in a quiet moment. It offers readers such tender tidbits as . . . Be forgiving, forgiving of yourself . . . Tell no lies, and remember, leaving important things out counts as telling a lie. . . . If you want to be happy, always tell the whole truth. . . . Happiness is not far away.

The Little Book of Happiness Harper Collins

The third in an introductory series to fine art curated by theme for young children Emotions are part of every toddler's day... and now, part of their first art collection! 35 full-page artworks from a variety of periods introduce emotions through one of the most important feelings of all - happiness. Each image is accompanied by a brief, tender, read-aloud text, and the work's title and artist's name are included as secondary material for true integration of narrative and information. It's a perfect introduction to this wonderful emotion for families of all kinds. Ages 2-4

Milk & Mocha Comics Collection Orca Book Publishers

"Most folks are as happy as they make up their minds to be." - Abraham Lincoln Happiness is contagious, and it can change our emotions even when we're feeling sad. More than just a passing mood, it can sometimes feel out of reach as we become bogged down in daily stresses and become consumed by negativity. *The Little Book of Happiness* will show you how to live in the moment, flourish as an individual, and improve your wellbeing.

Through uplifting tips, positive quotes, and simple exercises, learn how to let go and reclaim your smile.

The Little Book of Inner Peace JEC PUBLICATION

Desiderata, that world-famous poem that begins, 'Go placidly amid the noise and haste', must be one of the best-loved poems in the English language, revered by many as the ideal philosophy of life. Few people realise that it was written in 1927 by the Indiana poet Max Ehrmann who died in 1945 and whose work, until the 1960s, was largely forgotten. This beautiful little book brings together more of the writings of this remarkable man, revealing a love of the world and a concern for its social problems that mark him as one of the greatest spokesmen of the twentieth century. Ehrmann was not afraid to express his thoughts about the evils and scandals he saw around him, and in his quest for contentment he turned to nature and the eternal passage of the seasons: his philosophical thoughts are a search for social truth and peace. Readers will find in his poems much that has relevance today. Through Ehrmann we are led to look again at our twenty-first century values and to turn for truth and reality to the essence of beauty and goodness that lies all around us, if we can but open our eyes to see.

The Lamp [ed. by T.E. Bradley]. HarperCollins

Discover more ways to see the sunny side and put a smile on your face with this cheerful and practical guide to finding more happiness in every day. Even if you're the most positive person in the world you might have the occasional "off" day, where no matter how hard you try you just can't shake the little grey cloud above your head. But with the help of this joyful little book, packed with inspiring quotations and easy-to-follow tips, you'll learn plenty of ways to unwind, relax and greet life with a smile instead of a frown. The bite-sized advice, on everything from mindfulness techniques to positive eating, is easy to absorb and instantly uplifting, giving you a boost of enthusiasm whether you're at home or on the go. Alongside the words of encouragement you'll find upbeat wisdom from well-known gurus and optimistic thinkers from around the world, helping you to brighten your mood. Transform your outlook and seize the day with *The Little Book of Happiness*.

The Happiness of a Dog with a Ball in Its Mouth Quadrille Publishing

A calm mind comes from knowing how you handle your emotions. At its fullest expression, deep inner peace is a response to life - a compassionate, rooted awareness - that is independent of external circumstances. Like the ocean depths, inner peace is expansive and stable. With practice, you can learn to quickly leave the choppy, wild waves at the surface and dive into the calm deep. You can learn to fill your days with the unflappable experience of peace. With beautiful illustrations, and easy exercises, this pocket-sized guide is the perfect book to help you quiet your mind and foster awareness. Inner peace can help you: - Reduce your experience of anxiety, anger, and resentment. - Experience deeper degrees of contentment and calm - Have an awareness that peace is available in the present moment - Experience life with more flow and less resistance - Express more spontaneous gratitude

This Is Happiness Hachette UK

Gratitude is, first and foremost, a way of seeing that alters our gaze. Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. It's not just good medicine though, a nice sentiment, a warm fuzzy feeling, or a strategy or tactic for being happier or healthier. It is also the truest approach to life. We did not create or fashion ourselves, and we did not get to where we are in life by ourselves. Living gratefully begins with affirming the good and recognizing its sources. It is the understanding that life owes you nothing and all the good you have is a gift, accompanied by an awareness that nothing can be taken for granted. Featuring beautiful illustrations and simple exercises, this is the perfect little book to help you: - Practice gratitude - Improve your health and wellbeing - Enhance your relationships - Encourage healthy sleep - Heighten feelings of connectedness

My Heart Fills With Happiness Henry Holt and Company

Wake up, Mama, I want to play... The sun is up, it's a brand new day! There's a whole world for Baba and Mama to explore in this heartwarming tale of togetherness. With peek-through pages and a gentle rhyming text.

Goodbye, Things: The New Japanese Minimalism Hachette UK

With a sprightly dose of insightful inspiration, a sprinkling of practical advice, and a bounty of exuberant stories by great writers, *O's Little Book of Happiness* features some of the best work ever to have appeared in *O*, *The Oprah Magazine*. Inside you'll find Elizabeth Gilbert's ode to the triumph of asking for what you want... Jane Smiley's tribute to the animal who taught her about lasting fulfillment... Shonda Rhimes's secret to trading stress for serenity... Brene Brown's celebration of the power of play... Neil de Grasse Tyson's take on our joyful participation in the universe... and much more. In revisiting fifteen years of the magazine's rich archives, *O's* editors have assembled a collection as stunning as it is spirit-lifting.

A Little Book of Love Ryland Peters & Small

Shortlisted for Best Novel in the Irish Book Awards Longlisted for the 2020 Walter Scott Prize for Historical Fiction From the acclaimed author of *Man Booker*-longlisted *History of the Rain* 'Lyrical, tender and sumptuously perceptive' *Sunday Times* 'A love letter to the sleepy, unhurried and delightfully odd Ireland that is all but gone' *Irish Independent* After dropping out of the seminary, seventeen-year-old Noel Crowe finds himself back in Faha, a small Irish parish where nothing ever changes, including the ever-falling rain. But one morning the rain stops and news reaches the parish – the electricity is finally arriving. With it comes a lodger to Noel's home, Christy McMahon. Though he can't explain it, Noel knows right then: something has changed. As Noel navigates his coming-of-age by Christy's side, falling in and out of love, Christy's buried past gradually comes to light, casting a glow on a small world and making it new.

The Little Book of Happiness Enchanted Lion Books

Bring Hygge into your home this year with this beautiful and essential guide to the globally celebrated Danish art of happiness 'At these times it is crucial for me to have hygge. Hygge time with family and friends, hygge moments with myself and a hyggelig home. It's small moments that money cannot buy you, finding the magic in the ordinary.' _____ Whether it's listening to the rain with a cup of tea, or going on a long walk with a loved one, hygge can be harnessed all around us. We all know the feeling of hygge instinctively, but few of us ever manage to capture it for more than a moment. Now Danish actress and hygge aficionado Marie Tourell Söderberg has travelled the length and breadth of her home country to create the perfect guide to cooking, decorating and enjoying yourself, inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas

to make your home comforting and content, this book is the easy way to introduce hygge into your life. 'Pretty, homey and intimate, scattered with reflections from ordinary Danes' GUARDIAN