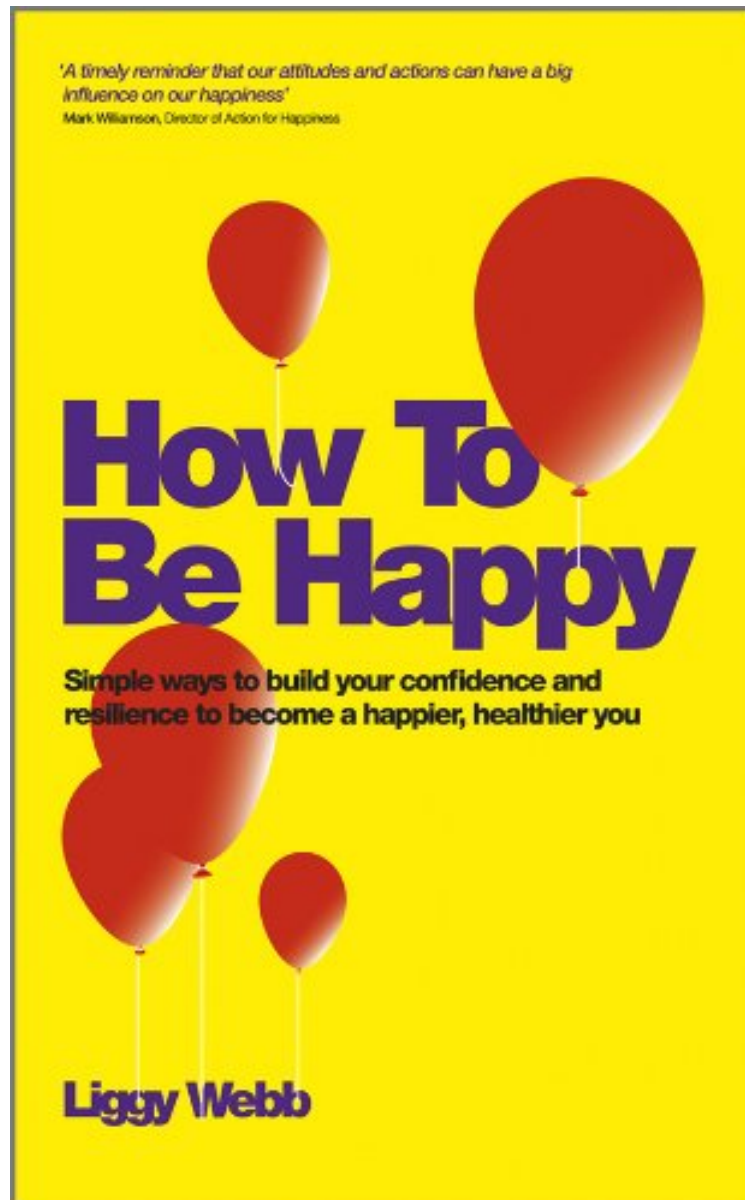


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Liggy Webb

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1 of 1 people found the following review helpful. **THOUGHT PROVOKING AND INSIGHTFUL** By Gina Stern Liggy Webb is an entertaining and inspiring author. Her books are written in a way that everyone can relate to, they are thoughtful and insightful and very reader friendly. Her books are like having weeks of therapy for a very inexpensive price. I would definitely recommend this book! 1 of 1 people found the following review helpful. **awesome book** By Anita Perdomo I love how this book tells u about all the different emotions there are and how it can make a person happy. I can relate to this book, because I also went thru a sea of mixed emotions. 2 of 2 people found the following review helpful. **Good as far as it goes** By Louis De Bear If you have read my other reviews you will know I have read 100's of self help books over the years. I am a business consultant, peak performance expert, entrepreneur and University lecturer amongst other things. As such I read books in order to improve my knowledge and the advice I can give others. I ordered this book via the Vine programme in the hope I may end up learning something new about how the mind can create happiness. The saying, "A mind can make a heaven out of hell or a hell out of heaven" is something I strongly believe in. We are in fact masters of our own happiness through the way we view the world around us. I started reading about how cognitive belief systems can control the world we see many years ago when I read Psycho Cybernetics by Maxwell Maltz. The premise of this book is that the way a person sees themselves affects the self esteem and so affects every part of their life, including the ability to be happy. How to be Happy looks at the ideas of "self made" happiness and looks at different stimuli, which can create unhappiness in certain people. The author uses stories at the beginning of each chapter to illustrate her points in a very clear manner. Each chapter is littered with ideas of how to create more happiness in our lives. The book looks at virtually every sphere of life and has tips and solutions for most situations. It is a clear and easy read. The question you should be asking is, is it worth reading and are the ideas any good? There is very little new information in this book that cannot be gained by reading other books. I have to say Maltz's work is still the definitive guide on how the mind can create a hell out of a heaven. I also feel that reading a good book on self esteem issues and perceptions of personal failure, such as Whats Stopping You, will also help your understanding what determines happiness. Liggy has written a good book and I found it an enjoyable and motivating read, I just feel some people may need more depth to the analysis of what makes them unhappy and more ideas on how to resolve these issues. Great read, clear and concise but you may need a bit more explanation to achieve the goal of happiness in your life than this one book can achieve on its own. Recommended

We all have the capacity to be happy. There may be occasions in your life where this seems a challenging concept, however there are some very definite things that you can do to make sure that you are happy more often than not. After all, happy people get sick less often, they have more energy, are more creative, sustain more positive relationships and are more fun to be around. With the help of Liggy Webb, you can create your own personal happiness toolkit! How to be Happy will help you feel more self-empowered and in control of any situation, helping you progress in your work and personal life. You will learn how to: **bull; Build your self-confidence to make the best of who you are bull; Be open to learning new things, to become more effective and creative bull; Develop an attitude of gratitude to appreciate life more bull; Encourage and sustain positive relationships bull; Build your resilience and emotional strength to cope with stress and manage change bull; Foster a healthy attitude and get fit for life** You can make the decision right now to be happier if you really want to be. Life is what you make it - so learn how to be happy, effective and energetic - and watch how it inspires those around you.