



The Happiness Equation: Want Nothing + Do Anything = Have Everything

Neil Pasricha

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What's the formula for a happy life?

Neil Pasricha is a Harvard MBA, a Walmart executive, a *New York Times*–bestselling author, and a husband and dad. After selling more than a million copies of his Book of Awesome series, he now shifts his focus from observation to application.

In *The Happiness Equation*, Pasricha illustrates how to want nothing, do anything, and have everything. If that sounds like a contradiction, you simply haven't unlocked the 9 Secrets to Happiness.

Each secret takes a common ideal, flips it on its head, and casts it in a completely new light. Pasricha then goes a step further by providing step-by-step guidelines and hand-drawn scribbles that illustrate exactly how to apply each secret to live a happier life today.

Controversial? Maybe. Counterintuitive? Definitely.

The Happiness Equation will teach you such principles as:

- Why success doesn't lead to happiness
- How to make more money than a Harvard MBA
- Why multitasking is a myth
- How eliminating options leads to more choice

The Happiness Equation is a book that will change how you think about everything—your time, your career, your relationships, your family, and, ultimately, of course, your happiness.

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Arnold Grigg:

As people who live in often the modest era should be up-date about what going on or data even knowledge to make these keep up with the era and that is always change and advance. Some of you maybe will update themselves by looking at books. It is a good choice for you but the problems coming to a person is you don't know what kind you should start with. This The Happiness Equation: Want Nothing + Do Anything = Have Everything is our recommendation to cause you to keep up with the world. Why, as this book serves what you want and want in this era.

Cameron Keller:

Reading a book tends to be new life style with this era globalization. With studying you can get a lot of information that could give you benefit in your life. Using book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. Many author can inspire their own reader with their story as well as their experience. Not only the storyplot that share in the publications. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors these days always try to improve their proficiency in writing, they also doing some exploration before they write for their book. One of them is this The Happiness Equation: Want Nothing + Do Anything = Have Everything.

Joseph Woodruff:

Playing with family in a very park, coming to see the water world or hanging out with close friends is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Happiness Equation: Want Nothing + Do Anything = Have Everything, you may enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't understand it, oh come on its referred to as reading friends.

Patricia Whetsel:

In this era globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher which print many kinds of book. Often the book that recommended to you personally is The Happiness Equation: Want Nothing + Do Anything = Have Everything this publication consist a lot of the information of the condition of this world now. This particular book was represented how can the world has grown up. The words styles that writer use for explain it is easy to understand. The writer made some investigation when he makes this book. That's why this book suitable all of you.

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