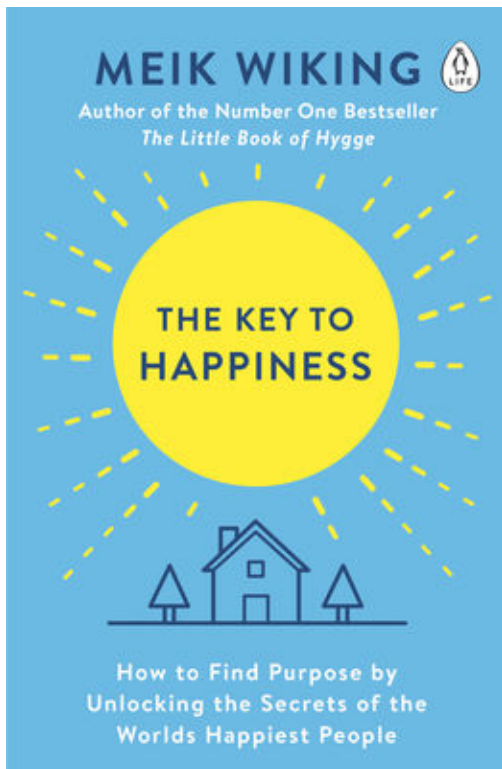


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**** FROM THE INTERNATIONALLY BESTSELLING AUTHOR ****

****Previously published as *The Little Book of Lykke*****

"A wonderful guide to happy living. **It's based on hard evidence and written with a wonderful sense of fun**"
Richard Layard, Centre for Economic Performance, LSE and author of *Happiness*

Happiness is just around the corner with this practical guide from happiness researcher Meik Wiking

Meik Wiking understands happiness better than anyone. In his role as Founder and CEO of the world's only Happiness Research Institute, he has travelled the globe interviewing the world's happiest people to discover the key components of happiness.

In *The Key to Happiness*, Meik explores the hidden treasures which can improve your happiness, and divides them into the six building blocks of happiness; togetherness, money, health, kindness, trust and freedom. For each happiness block he offers practical tips: for togetherness he encourages setting up a mini-library in your apartment building or starting a tool-sharing programme in your street; for kindness he suggests leaving a surprise gift on a stranger's doorstep, helping a tourist find their way or telling someone who means a lot to you that they do.

Drawing on social science, case studies and Meik's original research, this practical guide shows us that you can find happiness in a simple way of life. While Meik has travelled across the globe to discover the secrets of the world's happiest people, this book shows us that you can be just as happy where you are.

This book is the perfect guide on how to survive and navigate the modern world with a smile on your face.

"An inspiring and highly engaging exploration of what really makes us happy, all underpinned by the latest research" Dr Mark Williamson *Director of Action for Happiness*

Title : The Key to Happiness
Author : Meik Wiking
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File Size : 2.27MB

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