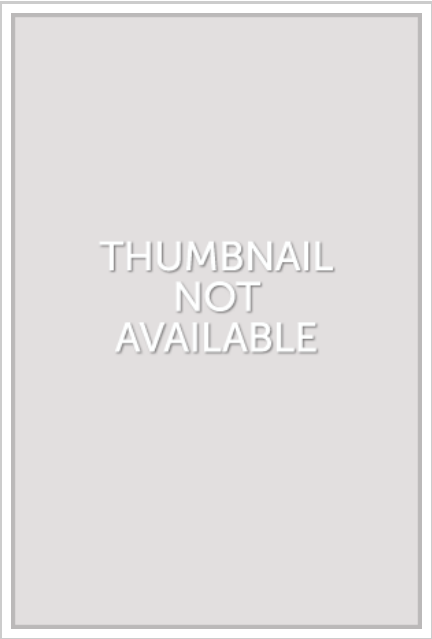


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How to be Happy: Or Happiness Made Easy

By Martin Baxendale

Silent But Deadly Publications. Paperback. Book Condition: new. BRAND NEW, How to be Happy: Or Happiness Made Easy, Martin Baxendale, The perfect gift for anyone who could do with a little cheering up and/or a bit of a laugh to brighten their day (which would be all of us then). A fun cartoon-illustrated guide crammed with advice on topping up your happiness levels by self-taught (and only very slightly bonkers) cheering-up expert Cheerful Charli. In an increasingly gloomy world where the news gets more depressing by the day and politicians just seem to make things worse, it's important to try to stay chirpy and upbeat. Cheerful Charli helps to lighten the load with her laugh-a-minute take on how to stay happy no matter what - a very funny collection of tips and hints that will brighten anyone's day with a plethora of chuckles while also offering nuggets of self-help truth to keep them sane and happy even in difficult times.

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