



# Happiness Now!

*Andrew Matthews*

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**Happiness Now!** Andrew Matthews

You don't find happiness in the absence of problems.

You find happiness in spite of problems.

This book could change your life!

(text on back cover)

## Happiness Now! Details

Date : Published October 2005 by Seashell Publishers (first published December 2000)

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Author : Andrew Matthews

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## From Reader Review Happiness Now! for online ebook

### Hoàng Vi?t says

so interesting

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### Monabelle Salaan says

Saved from depression after break-up.

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### Limau Nipis says

Everything you do matters!  
Happiness is a daily decision.

Thank you to the author for making us realise small things do matter in life. We are always so focused in the big picture that we always lost the sights on the things we have taken for granted.

I was taken by the passage on relationship. We have always treated strangers better than our family, why can't we turn it around? Treat your family better, not the other way around.

I need to hug my kids even though they have grown older. Cuddles and hugs are not for smaller children only \*sobs\*

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### MA Phyo says

This book is Strong for me

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### Phuc Nguyen says

t c? nh?ng gì b?n làm ???c là hãy làm h?t mình cho t?i khi ?i ng?.

?? ngày mai t? lo l?y cho ngày mai.

Nh?ng ?i?u c?n thi?t cho thành công

1. Ch?u ??ng và b?n chí

2. Tài năng

B?n ko tìm th?y hp ? ch? v?ng bóng m?i v?n ?? khó kh?n. B?n tìm th?y hp b?t ch?p v?n ?? khó kh?n ?ó.

S? m?nh c?a b?n trên ??i này ko fai là thay ??i th? gi?i mà là thay ??i chính con ng??i b?n.

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### Gobokairina says

Semua orang berhak bahagia dan gembira. Seboleh-bolehnya peluang yang ada ini ingin digunakan sebaik-baiknya untuk meraih bahagia dan menikmati kegembiraan. Kita boleh bahagia dan gembira dengan cara kita sendiri. Namun, beringatlah yang kegembiraan dan kebahagiaan yang kita lalui itu tidak berpunca daripada kesengsaraan orang lain.

Dalam buku ini banyak memberikan kita panduan tentang bagaimana hendak mencapai kebahagiaan dan kegembiraan secara jujur melalui usaha sendiri. Tak dapat dinafikan yang mencipta kebahagiaan bukanlah mudah tetapi ia boleh dimulakan. Mulakan dengan membahagiakan diri sendiri dahulu. Umpamanya:

*The first trick to happiness – and success – is to appreciate what we've already got [page 119]*

Ya, untuk mencari kebahagiaan bukanlah mengangankan yang kita ini begini, kita ini begitu. Apa yang lebih penting menghargai apa yang kita ada. Ada masanya less is more. Tak perlu jadi kaya untuk bahagia. Tak perlu cantik untuk rasa gembira. Yang lebih penting adalah menenangkan hati sendiri dengan memberi santapan spiritual dan rohani. Carilah peace of mind dalam diri, moga kebahagiaan anda akan lebih berpanjangan. Syukur itu asasnya!

Buku ini penuh dengan kata-kata semangat dan dorongan yang bisa membangkitkan semangat yang hampir lumpuh. Jika sedang sedih, buku ini memberi pilihan untuk menangani kesedihan tersebut. Jika dikhianati, ada kata-kata penulis yang mampu membuatkan kita redha terhadap pengkhianatan tersebut. Jika kita terlalu gembira, bagaimana hendak handle kegembiraan tersebut dengan cara yang betul.

Ayat-ayatnya pendek namun bermakna. Mudah, ringkas tetapi inspiratif. Susunan ayat pun amat mudah difahami. Mereka yang hanya mengetahui basic English pun boleh memahaminya. Yang penting, hampir kesemua isi buku boleh kita jadikan panduan. Sesuaikan saja dengan budaya dan agama kita, nescaya banyak faedahnya.

Hasil penulisan Andrew Matthews sudah diterjemah dalam 33 bahasa dan bukunya menjadi bestseller di 60 negara. Jadi, jenguk-jenguklah buku beliau jika anda berkesempatan 'melawat' kedai buku.

Orang kata bahagia itu macam rama-rama. Lagi dikejar, lagi jauh ia terbang. Lagi diinginkan, lagi jauh daripada genggamannya. Betul ke? Walau apa pun pilihan ada di tangan anda.

*Everything you do matters!  
Happiness is a daily decision [page 121]*

*Ps: Credit to Kak Ti atas kiriman ini :))*

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## **Muayyed Imad says**

The positive power this book spreads is amazing, let's you focus happily on what you have instead of complaining of not getting what you don't have.

It's short and can be rapidly read cuz of the exciting topics it covers that make you wanna read what comes next.

Loved it so much!

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## M? H?nh says

Happiness is a daily decision. My mission in life is to change myself.

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## Candy Mercado says

Saw this book in a tea shop and read (and contemplated) for 2 hours.  
Exactly what I needed that time. Big thanks.

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## Huy?n says

úng nh? t?? sách v?y, ??i thay ??i khi chúng ta thay ??i. Cu?c s?ng là c?a b?n, do b?n t?o nên. k ai có th? làm thay ??i khi mà b?n ch?a thay ??i mình. C? lên mình có th? s? khác

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## Karen says

Our mission in life is not to chnage the world, it is to change ourselves. If you are seeking happiness (as we all are!), this book may just show you how it may be possible for happiness to happen.

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## Theresa Mariz says

I honestly stopped being a fan of self help books about 2-3 years ago. But as luck would have it, one of my managers lent me this book and i kind of feel inclined to read and finish it.

I'm giving it a four stars because there are some parts that really did speak out to me, and there wasn't much in it that i found was hypocritical (although there still are but few compared to others).

I still remain to not be a big fan self help books.

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## Uyên Khôi says

[ENGLISH REVIEW BELOW]

B? này có 5 t?p, t?p mình ??c là t?p 5 b?i vì nó m?ng nh?t =))) nh?ng mình ngh? là nó s? không ?nh h??ng gì ??n quá trình ??c b? này c?a mình ?âu :3

Nói nôm na l?i thì ? t?p này tác gi? chia s? v? nh?ng cách ??n gi?n nh?t ?? s?ng h?nh phúc, mà t?u chung l?i thì t?a sách ?ã th? hi?n h?t r?i: “??i thay ??i khi chúng ta thay ??i”, b?n s? h?nh phúc khi và ch? khi

- b?n thay ??i th? gi?i
  - b?n thay ??i chính b?n
-

Thì thì rõ ràng phải chăng anh thì 2 đ? th?c hi?n h?n r?i.

Bên cạnh đó thì một điểm nữa thì phải nói là vì nó làm cho sách này khác hẳn với các sách self-help khác mình từng đọc đó là có vẽ gì chia sẻ lại có một hình minh họa rất hài hước, đáng yêu và thì hi?n g?n nh? tr?n v?n ?i?u mà tác giả? ?ang chia sẻ.

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Original title: Happiness Now!

In this book, Andrew Matthews talked about some of the most simple ways to live happily, yet to sum up I may say that one can only live the best life when

- a. he changes the world
- b. he changes himself

Then the latter is obviously easier.

Besides, there is one more thing that makes this book different from all of other self-help books I've read that with every single story, there was a very funny and adorable illustration drawing by the author himself and it conveyed all of the messages.

Thanks my little sister for lending me this book ♥

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### **Ludmila Bopitiya says**

Awesome Book. Shows you a whole new perspective about how life can change if you change your thoughts. loved everything about the book, and the illustration are just GREAT as well!

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### **Tan says**

I glanced at this book at first and I thought it was an uninteresting self-help book. But I was wrong. Andrew Matthews wrote things make me think again about myself, make me overcome my sadness and disappointment about myself and I think I'm living better after reading his book.

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