



Power Your Happy: Work Hard, Play Nice & Build Your Dream Life

Lisa Sugar

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Lisa Sugar has an amazing job. She spends her days creating content about pop culture, must-have handbags and makeup, healthy recipes, and Instagram-worthy sweets. She manages an enormously successful, growing company with employees who love what they do. And her life is just as great at home. She and her husband have three daughters and she's the number one soccer mom who loves reading bedtime stories every night. How did she do it? By figuring out what her dream job was, taking risks, and believing in herself. And now she wants to motivate others to do the same. She wants to show them how to live colorful, interesting lives where every second counts.

She'll do so by sharing her personal and business story. Lisa knows that creating your dream job requires hard work, patience, and experience. She'll give advice, in big and small ways, about exactly how to do that, from starting a company to ditching a relationship that isn't working to becoming a fabulous boss. And with the great, accessible writing style that has made POPSUGAR such a hit, she'll make it fun!

Power Your Happy: Work Hard, Play Nice & Build Your Dream Life Details

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Author : Lisa Sugar

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From Reader Review Power Your Happy: Work Hard, Play Nice & Build Your Dream Life for online ebook

Jessica Ashe says

I received this book in my popsugar box quite a bit ago and just got around to reading it. While it did contain some interesting, applicable, and "must have" information, I think it should be geared to a different demographic than me. It also seemed that the thoughts in this book were scattered. In the beginning of the book, she wants this to not be about her, Lisa Sugar, but 75% of the book is about her.

This would be a phenomenal book for students just graduating college or even maybe a year or two into their first professional career.

Jennifer says

Lisa Sugar's new business/self-improvement book brims with optimism and promotes the belief that working hard and playing nice is the key to a successful, happy life. Sugar preaches the modern "do what you love" and "find your passion" gospel that is ubiquitous today, while at the same time grounding her advice in the reality that finding that passion means working really, REALLY hard, may involve many false starts, and most certainly will involve lots of time as an underling before you get to do what you actually want to be doing. This book is like one big pep talk to get people going on a career they've dreamed of, with helpful questionnaires at the end of each chapter to identify skills, passions, job requirements, and goals. The book had a friendly, easy-to-identify-with tone.

Sugar founded and runs a successful celebrity and lifestyle news website. One of her rules from Day One was that they would not put anything on the website that they wouldn't say to a celebrity in front of his/her face -- and no body shaming (great advice). In that vein, I'll share some reasons why this book rated 3 stars with me instead of higher (which I would gladly share with Ms. Sugar in person). While the overall tone of the book is positive and inspirational, I had a hard time identifying exactly who the target audience would be. It seemed like overall it was speaking to someone just getting started in their career, but then would shift to specific concerns of working moms (who, generally speaking, are further along in their careers). More focus would have made this a better book. The book was also a bit repetitive and could have benefitted from better editing.

Thank you to NetGalley and Dutton for a galley of this book in exchange for an honest review.

Alli says

I received a copy of this book through Goodreads for an honest review.

I read a lot of books like this one, business memoirs about women who are at the top of their game. The trouble I ran into with Lisa Sugar's is that I couldn't find anything particularly special about it. I was really looking forward to reading Power Your Happy too; unfortunately, I felt that the content was repetitive and

not as inspiring as I expected. That being said, the points she made are good points - just not particularly original or exciting. My copy is also an advanced reader copy, so there may still be time to flesh out some ideas and make them stronger or more robust. She also speaks a lot about creating content without defining what content means to her, which I find frustrating. I am in a completely different field and I am not an avid Popsugar reader, so my idea of content could be much different than hers. I think this just adds to the fact that there could have been more depth added to her narration.

Carol Stanley-Snow says

RECEIVED FREE THROUGH GOODREADS FIRST READS.

Don't know what you wanna be when you grow up? Read this book. You will find the tools to figure it out - hopefully! No matter your age.

I found my happiness, pet sitting! And I was in my 40's. I am now in my 60's and wonder what took me so long to fill my heart with joy!

Happy reading...

Jess says

I took a lot of notes and learned a few things; however, I feel like this book wasn't really geared towards me and where I am going in life. It went back and forth between bits I found useful and bits when I felt like I was wasting my time reading it.

Rita Arens says

Good for early career media types. A little repetitive. Friendly tone and some good advice on navigating the world of work.

Sabs says

I'm biased. I <3 this woman and have been lucky enough to be on this crazy journey with her. All bias aside, I wish I had read this in my early 20s. Nothing groundbreaking, but solid advice in the signature POPSUGAR voice.

Anna says

I got this in my POPSUGAR must have box. I think I'm too old. Might have enjoyed it more at 20?

Kibkabe says

Because I still have this idea of starting a digital empire in my head, I chose to read "Power Your Happy" by Lisa Sugar, the founder of PopSugar, on the eve of a milestone birthday. But the tone came off as if it was speaking to the baby millennials (I'm on the older spectrum of millennialism), and I wish there was more business biography rather than personal biography.

Sugar started PopSugar over a decade ago, and it's grown a lot. I've witnessed its growth as an early fan, so I hoped this book really got into the details of that growth. For example, I used to blog about fashion with OnSugar, the failed microblogging site of PopSugar. I wanted to know more about seeing what worked for the company and what didn't, the decisions that went into building one part up and destroying another. She made everything sound rosy and didn't go into those details.

Maybe because I don't have my own family I just wanted to read less about her daughters and husband she kept bragging about how she met him the first week of college. (Many female bloggers have a boyfriend/husband in the background who help them significantly, so that was a turnoff for me as a single woman who wants to follow in similar footsteps). The mother aspect was interesting, but the tone of the book was geared to the under 25 crowd with the third-grade level writing.

We can keep it real with at least eighth-grade level writing, but I loathe when inspiring memoirs are written on such a low level but marketed to women of all ages ("Audition" by Barbara Walters is an example of this). Then at the end there were photographs from her early childhood to adulthood, so it came off as a misguided memoir with too much personal life when most readers like me want more of the professional life.

And her life seemed so perfect from Day One (I know I'm hatin') that when she had to reference something bad like an eating disorder it would be happening to people she knew. Another example was trying to find a career and all the great jobs she had along the way to find her passion. With the recession bogging down my generation, she at least had a job amid passion hunting. And her curly hair gave her so much grief in younger days (eye roll...). She didn't have enough adversity to bring in the personal life; we just needed professional life and how to build that dream empire. Overall, the way the book was marketed I expected something better, but I still get my daily PopSugar emails, so I'm not that mad.

Shannon Rochester says

When I chose this book, I knew it was nonfiction and it was an autobiography but that's about it. The cover and the title both seemed like "happy" things so I grabbed it. These days, we need to get all of the happy we can. But once I started reading, I learned it was actually about the creator of a website that I used to be an avid fan of...I say used to only because I am not as into celebrities and all of that as I once was. I still admire what she does and if I were going to read a website about celebs and gossip and beauty and all that good stuff, I would still choose this one. Learning about her allowed me into that world just a little bit. :) And I am guessing that we must be similar in age because we both grew up liking the same things and the same shows at the same time...This is a woman I can admire and look up to and I would personally love to have her as a boss. She just gets it...all of the qualities that a good manager/boss should have, she does. She sees that you should give people kudos just as much as complaints...if not more. She sees that sometimes people just need a day off in order to come back and be the best they can be...and she knows that in today's world, it really is possible to work from home most of the time. All in all, this was a great feel good nonfiction read. :)

Christi Cline says

This is a book that was depressing to me because the author is the same age, has the same philosophy towards work & family, and reminds me of my own personality before I had experienced several losses. Therefore I can't recommend it as a motivational book about how working hard and playing nice will make you successful. It's more about giving yourself permission to be yourself but probably aimed at an audience in younger than 30. Thankfully the author seems to have had the right kind of support and resources to be herself and succeed in a way that excites her. Unfortunately for all the authenticity she exudes the helpful advice is not very deep. It could be but the pace of the book, which is like an excited friend chit chatting over coffee that has to hurry before their next appointment is a little off putting.

Pros: Easy to read, you will fly right through it. Good summary points that help you consider what should be a priority in your life. Also reading this will remind you that a healthy and upbeat work environment does exist. That there are employers and managers who do see their employees more as a family and not as another number. That working from home, doing something you love, is a viable way of doing business.

Cons: The speed of the book will make you dizzy. You will get a quick introduction to key people in her life and you will see how lucky she is that everyone and everything works out.

Nikki says

I received this book free in a PopSugar box. Although Lisa Sugar is likable, this book was repetitive, a bit jumbled, and did not provide any new insights into how to be a successful modern woman.

SerialReader says

If Popsugar is one of the first website you check every morning, then you have to read Power Your Happy. It's positive and inspirational, a must read for all those people who are not afraid to work hard.

Read more on The Serial Reader Blog.

This book was kindly sent to me by Dutton, Penguin Random House in exchange for an honest review

Simply Laura Lee says

So, I really liked this book. I picked it up last fall after hearing the author, Lisa Sugar speak on a podcast I listen to, Good Life Project. She was fun and positive and sounded like someone I would like to hang out with. The book hung out in my book basket for quite some time. I would pick it up read a little and then get distracted by something and forget about it, but I always came back to it. Lisa writes with a casual voice, sharing her life experiences while adding inspiration and suggestions to finding your happy. Although I don't think it was necessarily written for the late forties looking to re-invent herself me, I did have some positive take-aways from Lisa's suggestions. I am going to tag this one as a perfect gift for my daughter when she graduates from college.

Valeh says

This book was almost painful to listen to. It lacked all of the elements that make for an interesting narrative: obstacles to overcome, striving to be better, hard won victories... In her story, Lisa Sugar started a website that was immediately successful, despite having no former experience building or maintaining a website. Although she'd been tested for learning disabilities as a child, she was able to write well enough to garner a huge online following. She glosses over the contributions of others (including her internet entrepreneur husband and financial backing from a J.Crew founder) and plays up her own contributions. The book feels contrived and phony as Lisa waxes poetic for many hours about her perfect family, job and life.
