



# How to be Happy (or at Least Less Sad): A Creative Workbook

*Lee Crutchley*

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## **How to be Happy (or at Least Less Sad): A Creative Workbook** Lee Crutchley

How To Be Happy (Or At Least Less Sad) is a workbook offering a place of solace, distraction, and a fresh perspective on life. This book will not fix you and it will not make you happy, but it promises to help you rediscover the simple pleasures in life and, ultimately, make you feel that little less sad. "This book made me nervous when I first scanned through it because I knew it would work! This isn't a self-help book; it's more of a blue-collar, get-down-to-business friend with calloused hands who is ready to boogie when you are. This book is about action. But also acknowledgement. There are no platitudes and its author is no Pollyanna. It's an explicit map that leads to a place where you're going to feel measurably better, and better equipped to face life's vicissitudes." (Rob Delaney, Comedian).

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