

Sacramento Book Review



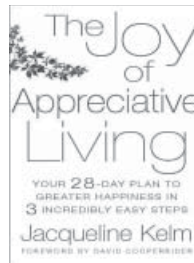
Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

The Joy of Appreciative Living

By Jacqueline Kelm

TarcherPenguin, \$21.95, 224 pages

Is it possible to purposely work at being happier? Are there universal tools that can work for anyone, regardless of the differences in their lives? Kelm says there are, and after conducting a national study about joy, found that by doing three simple exercises each day - taking up less than an hour a week - people found themselves happier and more appreciative and that the feeling continued for months after the study was over. Her three steps take less than five minutes a day: List three things you are grateful



for, find something to do each day that would increase your joy and envision your joy-filled life. Simple sometimes is the most effective. The book has explanations on why doing the principles help, motivational stories from people she's worked with through her seminars and studies, and expanded exercises that further help you find the happiness you want. For people who are looking for a happier New Year, and not a more efficient, productive, or wealthier one, *The Joy of Appreciative Living* is a good start.