



Rich in Happiness

Alex J. Kim

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Do you want to be happy everyday for the rest of your life? Have the life you always wanted. RICH IN HAPPINESS contains secrets that can make your dream come true. It is simply a matter of knowing seven proven steps. Rich in Happiness is interwoven with inspiring anecdotes, cross-cultural wisdom of the ages, recent discoveries by leading scientists, and enlightening humor. See inside
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Rich in Happiness Details

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From Reader Review Rich in Happiness for online ebook

Cary Litee says

What outrageous insight! I read many books on this subject. Frankly, most of them are somewhat informative but boring. "Rich in Happiness" is different. It is loaded with fresh insights and fascinating research and it is also a hoot to read; I found myself giggling and laughing out loud as I read the book. It is a fun read for sure, and life changing.

Where do you learn about happiness these days? School? No! Too busy memorizing irrelevant dates. Parents? Possibly, but not likely. At work? That is the least of all places loaded with stress; as result of reading this book I am more productive at work also. Unlike most other books on this subject, "Rich in Happiness" goes to root causes of unhappiness and help readers to establish joy that lasts.

As the title of the book implies, it describes the seven principles of happiness and techniques for adopting them. The author emphasizes that if we want to make a change in our lives, we should probably first focus on our personal attitudes, thinking processes, and values. He applies different illustrations from family, business, and society in general.

He shows what I needed to know to develop the inner IMMUNITY, the ability to have a healthy and vibrant emotion. Isn't that cool?

This book, while building on research from history and various cultures, is full of new insights and presentation that is refreshingly insightful and helpful. What a compelling and convincing read; I learned a lot. There is a wealth of useful and practical takeaways from the material. The author works in the real world and doesn't just write from a position in academia and thus has a lot more real-world experience than you often find in these types of books largely written by psychology professors. I consider this one of the best I've read and I highly recommend it.

MukilteoCat says

I read the book several times. Not because it was difficult to understand, but because it contained such good content. Plus the illustrations made me laugh. Shouldn't a book on happiness at least make you smile? Well this one certainly did. The author presented many good tips and food for thought. I like how it was broken down to bite-sized pieces that were realistically applicable. Read it. You'll laugh... you'll definitely not cry... but most certainly you won't be disappointed.

Gentle says

Similar to other self help books about finding happiness. Nothing really new going on here from other books I have read. The cartoons and humor were appreciated. If you're new to self help motivational books, this would be helpful.

John says

What a fun book to read not to mention it had some really great illustrations that made it even more fun. Good job, Alex and thanks for letting me win this through GoodReads

Susan Walker says

This book reads that it will help you get rich in happiness. I thought it was very much like many other self help books that I have read.

Beverly says

I won "Rich In Happiness" on Goodreads First Reads. It was a fun book to read and the illustrations were great...they were the highlight of the book for me. Good job, Alex.

Cindy says

I just finished reading "Rich in Happiness" by Alex Kim. I won this book in a good reads giveaway!

I love how there are many useful & helpful tips: some of my favorites are:

Childhood is the most impressionable stage in our growth. What we learn and receive as children (especially up through grade school) can set behavioral patterns or habits that can last a lifetime. It is the stage where receiving love is most vital. Those who receive love can see themselves as being lovely; they also learn how to give love. In turn, they are able to love others.

another: Focus your mind & effort on what you can control & immediately act on it. What you control is your focus and belief.

another: However, in the place where you are aptly serious and playful, your passion will continually be lit, your mind will be focused, your creativity will flow, and your strength will endure. When you release your "inner child" the result is greater productivity.

another: Laugh through life, laugh as much as you possibly can.

another: Words form thoughts, thoughts form faith, and faith is what connects you and takes you from the plane that doesn't exist to that which is real. If you want to change your external reality, you need to first change your internal reality, starting mainly with your own thoughts.

This was a great, excellent book. This is a book to highlight or star important parts & read again, and again in order to keep all these great ideas fresh in our thoughts and minds.

Thank you Alex Kim for a truly wonderful, useful book. Cindy

White says

I have read quite a few 'guides to happiness' over the years. I didn't find anything new in this book. But, if it had been my first 'happiness' book, it would have had a lot new in it! There were some very good suggestions and techniques, there was some good humor, and good cartoons. I found myself thinking of a

number of people that could use the book, and many of the techniques.

Altho the info might not have been new to me, it was presented in a very readable, understandable, and interesting way.

I would recommend it to others. I may very well refer to it now and then, to refresh my happiness!

This was a Goodreads First Reads win in exchange for an honest review.

Wanda says

It wasn't what I thought it would be and will not hold my attention.

Sorry but it isn't the book for me

Brandi says

I enjoyed my recent excursion into the self-help genre with Alex J. Kim's Rich in Happiness: 7 Steps to Living Happily for the Rest of Your Life. The book is well-written, easy to follow, witty and full of excellent advice. It is well-illustrated with entertaining artwork and I like how the author incorporated Chinese Proverbs and quotes into his work.

An excellent book full of useful advice and recommendations, I would certainly recommend this book to my friends and family. A definite 5-star read. I would consider this book to be the best self-help book I have read to date.

This book was won from the Goodreads.com website.

Nicholas says

Goodreads win. Will read and review once received.

I enjoyed this book and liked it decently. I was really hoping to love this book and that it would blow me away but it didn't. Even with feeling that way I still really enjoyed this book. The book was very insightful. There were a lot of helpful tips on many things. I found this book to be serious with a touch of humor. Which was a great thing. A good read.

Jason Schneeberger says

First off, I'm not one to usually read self help books, but after winning this in a Good Reads contest, I was more than willing to give this book a whorl.

Author Alex J Kim makes a bold proclamation at the beginning of the book, that using the techniques within are guaranteed to lead you to a happier life; and not a happier life that is temporary, but one that you can also sustain through the knowledge you are about to take in. I think we all can use that, don't you think? I don't

know anyone that at least can't use SOME form of a higher state of happiness on a daily basis. So with that, I was willing to take Mr. Kim at his word and see what he had to offer in the way of finding happiness.

The book lays out all of the pitfalls and origins of unhappiness; through deciphering where and when unhappiness occurs in our daily lives. From there he lays out his opinion and ideas of how to change these negative aspects of your life around into an unabridged, unfettered and boundless life of happiness! Alex explains that it took him years of researching what makes people happy and despite his seemingly vast knowledge on the subject, never falls into condescending territory, but rather keeps the mood light, fun and positive through never ceasing paragraphs that are uplifting and that are also accompanied by fun cartoons that he drew personally, throughout the book.

Although just a tad too cheery and overly optimistic for me at times (does that even make sense here? Shouldn't it be? It's a self help book about being happy?), I would recommend this book to people who need a "pick me up". If you are feeling down and need to read something that will lift your spirits and perhaps make you re-evaluate situations in your life that you can change towards happier living, then Alex J Kim's book is for you!

Wanda Wright says

I won this book through Goodreads and I truly enjoyed reading it. It has helped to motivate me to change my attitude about things that come my way in life. Hopefully I can put into effect the teachings of Alex Kim and have a better emotional future.

Kathryn says

I won this book in an ARC giveaway and wasn't sure what to expect. However, I was pleasantly surprised! I took notes as I read and by the end had a nice list of quotes, tips, and other tidbits that I plan to revisit again and again. Many of the tips seem obvious if you think about them, but this book gave me some necessary reminders about my priorities and the dangers of needless worrying. I also loved the cute comics and anecdotes throughout the book. Those and the short chapters made it a quick and enjoyable read.

Susan says

Rich in Happiness shares many ways to make your life happier. The author uses humor and cartoons to demonstrate how people view their lives. Although many of the ideas are not new, they are presented in a way that makes you think about your own happiness. I think that everyone can benefit by reading this book, if only to confirm that what they are doing does indeed make them happy. I received this book as a free goodreads book.
