



The Happiness Animal

Will Jelbert

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Will Jelbert had what many people would consider the ideal life: a well paying job and a beautiful wife but he wasn't happy. He found himself lost in the day to day routine and constantly wondering if there was more to life. One day the life he knew came to an abrupt end when he was thrown from his bike, face first into the sidewalk of a Sydney street. After a full facial reconstruction, PTSD, depression and anxiety exacerbated by excessive drinking, Jelbert decided to completely change his life. He dedicated the next four years to a happiness research project knowing that in this beautiful world, happiness could surely be found for everyone. The result, *The Happiness Animal*, the world's first dedicated exercise guide to happiness, which explains the psychology behind what strengthens our spirit (our Happiness Animal), and how to apply this psychology to the realities of everyday life, while avoiding the happiness traps that have been set for us. Jelbert condenses the latest applied positive psychology research into a simple guide to five muscles. Five exercises for each muscle are juxtaposed with the story of the trials of the author's own experiences of unhappiness and how he was able to use the exercises to strengthen his spirit. Incorporating a little honesty, vulnerability, courage, kindness, curiosity and awareness into our work and home life doesn't take a lot of time, but has a lasting, cumulative impact on the health of our happiness. Perfect for people in all walks of life, the exercises in *The Happiness Animal* will move you toward profound personal change and act as a driving force for your happiness.

The Happiness Animal Details

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From Reader Review The Happiness Animal for online ebook

Bob Ragsdale says

Somehow it feels horrible to give a less than optimal review about a book about happiness and how to achieve a mindset to reach it, but to me it felt clunky, simplistic, and not fully formed. I will admit that I did not finish it, I got about half way through.

Andretta Schellinger says

What makes you happy? Not content, but truly happy? It isn't money as much as people want to think it is. That will make you content, it may even make you feel some joy, but it does not truly make you happy. Author Will Jelbert set out to figure out what truly makes someone happy and to impart that to the reader.

While it may not be the same thing for everyone, happiness is not as easy nor as hard as people want to make it seem like. Some people really don't think they can be happy and are doomed to live a life of pain and sadness. That isn't true, and it isn't what life should be about. Life should be about living life the best, being happy with who you are and what you do. Happiness isn't given to you, but something that you work towards, that you strive in your daily life to be.

You can pretend to be happy, and sometimes you may even believe it, but when you really think about it, are you? Well that is what Will wants to find out. If you aren't happy why? Let Will and his book *The Happiness Animal* help you discover the truly happy you can be. Why is it called "*The Happiness Animal*"? Because happiness is like an animal, you need to feed it, take care of it, and show it attention or it can wither up. No one likes a sad panda, so why cause your own happiness animal to be sad?

Even though this book looks like it could be slow, or boring, it really isn't. It is really entertaining to read and really makes me think. I like books that make me think, especially ones that I can implement immediately into my own life.

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Stephanie says

I didn't finish this book because it was poorly written, based on other authors, and insensitive to those who have had true hardships in their lives (not that I am necessarily one of them).

Stacey Young says

I've just finished reading "*The Happiness Animal*" by Will Jelbert and found it to be an excellent read. I've always been interested in applied psychology and found this book to be full of great principles and useful exercises about being true to yourself, finding piece within yourself and discovering true happiness in life.

Happiness is probably one of my biggest values in life and reading this book really made me see and think about life in a different light. I particularly like the way it was written too as Jelbert referred to his own previous life experiences and you could really feel his emotions coming through in his writing. I highly recommend this and am looking forward to seeing more from this author.

Gina B says

In *The Happiness Animal* author Will Jelbert displays a remarkable facility with the English language while drawing on his own compelling life story and an obvious depth of reading on the subject. The book approaches one of the most significant subjects in the human experience - happiness. Everyone has asked the question - "How can I be happy?" And the more thoughtful among us, have asked, "What is happiness?" You can't pursue it if you don't know what it is.

Jelbert's approach is interesting. He approaches the development of happiness as exercise or, more appropriately, an exercise. And in this I think he is correct. Happiness is as much an action, a way of life, as it is a state of being. This fundamental truth is the great strength in Jelbert's book and makes for an interesting and at times compelling read.

Molly says

The Happiness Animal Was The Pick Me Up I Needed

The *Happiness Animal* by Will Jelbert was just the boost I've been looking for! Like many people in today's fast-paced, perfection-obsessed culture, I haven't felt truly happy in a long time and I'm constantly looking for the next thing to try and remedy that. I've read quite a few self-help books in my day and *The Happiness Animal* has to be one of the more relatable and "user-friendly" of them.

Jelbert discusses finding and nurturing your personal "Happiness Animal" (or "HA") to greatly increase your quality of life. From time to time, I had difficulty following the HA concept, but the majority of the book was quite easy to follow. He opens each new section with at least one quote and refers to the philosopher Seneca frequently- I don't know very much about philosophy or Seneca's teachings, but that didn't negatively impact my reading. In fact, it was quite the opposite. These quotes positively set the tone for each section and carry common threads throughout the text. They also act as a more authoritative note that is mingled in with Jelbert's familiar and conversational tone, which I liked. It reminded me that the author has spent a lot of time researching the topic and gave me confidence even when he used terms like "stop shoulding yourself." (Which I enjoyed, too, if I'm being completely honest)

Overall, I recommend this book and have actually written down the name and author for several people to pick up (including my therapist!) because it really hit home. I'm looking forward to putting his real world exercises into practice and hope I'm on the path to reuniting with my own Happiness Animal!

Samantha Regalado says

While I loved the concept of the book and the authors perspective... the voice felt rather jumpy at times. Some of his applied ideas to examples listed fell short. The best writings were the quotes. You might be better off reading the published works that he references through out the book.

Dianna says

I enjoyed the book at first as it started off as a personal journey from the authors perspective but then I was put off by the introduction of a trademarked happiness system. Not to say there isn't any value for others as the system is logical and easy to follow and raises some good points about the personal qualities needed to be 'exercised' in order to be a complete happy person.

Jessica Bone says

After myth-busting about what makes us happy, Will Jelbert reveals short exercises for the five happiness muscles. Build you're happy, muscle by muscles a little at a time with as little effort as offering a stranger a tissue, to radically honest resenting and appreciating, to creating a short statement to your life purpose. Backed by research from the world's leading psychologist, this is a candid roadmap to a better life now. The five muscles that make your happiness is honesty, kindness, tolerance, awareness, and courage. Mr. Jelbert breaks down the myths is that we believe makes us happy such as possessions, money, time or a change of location to name a few and shows you a new way to think. He points out the things you think will make you happy change all the time, but that you will discover that what does make you happy is universally consistent. Will Jelbert has this wonderful quote "The Shift is about to fit the Fan." He points out there are limits to things you can do but not limits on how much you can be you. He points out that happiness is all about you and not anything external. How the biggest things that keep us from being happy is our own minds and ego. That we have to be our authentic self. He points out that all reasonable demands are that we live according to our own nature.

I found The Happiness Animals by Will Jelbert to be a very enlightening book. His thorough research and practices allow anyone to grow their own happiness muscle. The graphics and layout allow it to be used for personal use and you can also add this to your own small group. The little tidbits of animal advice are simple but insightful mini thoughts that tie in the advice and practices from the parts of the happiness muscles. I think my favorite is "Breathing brings you back. Breath is a pain reliever." The research that Will Jelbert put into the book did not take away from it but instead gave it creditability to his ideas and shows how much the topic means to him personally.

Jana says

There are some very interesting ideas in this book, but they are hard to find. As a book, this is a horrible read.

Patti Sanders says

I didn't finish this book, just couldn't identify with nor get into it. I don't like a lot of self help books and this was another one that was a little too off the wall for me.

Rae Capri says

As the title says, we each have a happiness animal within us that we must nurture. Understanding that the way we live our lives cannot determine how we can be happy but by changing the way we think and do, in order to be happy. Change is good and it is necessary to get more improved results. In "The Happiness Animal," author Will Jelbert, states that we must exercise our minds and bodies to maintain our strength in health and happiness. By reading this book, you'll learn that there's a whole new way of achieving what you once assume as the impossible.

As you read every chapter, it breaks down all factors, dos and don'ts, and everything in between. Interesting quotes and research are also provided within from experts who've been studying the rules to access happiness. Author Will Jelbert acknowledges that he developed his happiness and has since used his methods to teach others. He's read, researched, and implemented all that he has learned and made a book after demonstrating his success into other's lives. Once he understood and ruled out that his personal problem wasn't due to a mental illness, he pointed out it was due to "a feeling of being stuck and languishing in life", which he shared in common with his family and friends. While reading this book, I've noticed the tone seemed more encouraging than judgmental, as if he only wants us all to achieve a better outlook on life. After reading this book, I'm going to be implementing the advice provided into my daily life, as I aim for positive results for myself as well as others around me.

The author Will Jelbert provides scenarios and helps his readers analyze every situation, pointing out things that many would consider a source of happiness. All of the scenarios have proven this is the same thinking process instilled in everyone and we must break free from it. I enjoyed reading this book, it was very well written, with scenarios for elaboration, advice to think of things from a different perspective and all around a wonderful read. I recommend everyone isn't afraid to take charge, conquer the happiness they deserve and to share this book with their family and friends.

Elaine Lin says

I am reviewing this book because I have read a lot of psychology books, and it keeps showing up on my Kindle recommendation screen. It seems like the core of the book is on explaining the title metaphor, not hard science. There's not actually a "happiness animal" in your brain. Maybe the visualization is helpful to some people, but it can also be totally confusing to others.

Happiness is not necessarily being super cheery and peppy all the time, so I don't really like the cute cover design in this context. I think my "happiness animal" is more of an old, snarly tabby cat who scratches strangers and likes sardines.

I think author credentials are super important in this genre. The author claims to have "spent the last five years researching the psychology of happiness," but he does not seem to be a professor who conducts experiments. Anecdotes are cool, and scientific psychology experiments are cool, but I don't think the two should be confused.

Karen Laven says

It took a major car crash for Will Jelbert to ultimately reassess his life. He required full-facial reconstruction surgery in the wake of the crash and although the operation was successful Jelbert had a difficult time recognizing himself ... mostly on the inside.

He suffered from PTSD and other anxiety disorders as he was living it up with fancy apartments, women and booze. The need to change his mindset was inspired by several authors, most especially, the writings of Seneca, the advisor to Nero. Jelbert leads each chapter of his book with a quote from Seneca, and, boy, do they resonate ... no matter what century it is.

Jelbert's book does a wonderful job to help the reader locate and unearth your own Happiness Animal (HA) by offering tools ... real-world questions, examples, and worksheets to get you started on the road to fulfillment. We hear this a lot, that it is not money, prestige or beauty that makes one happy and keeps one happy because it is true.

Jelbert writes that there are five "muscles" that strengthen a person's connection to happiness. The first is honesty. The second is kindness. The third is curiosity, followed by awareness and finally, courage. Living beneath a façade can be soul-zapping and severely isolating.

This book is highly recommended for everybody on the happiness, unhappiness scale, as it reinforces truths, calls out lies, and gives us pause to take note of our actions and feelings on our personal path to true inner joy.

Victoria Andreevskaya says

Good ideas overall, but the writing style lacks conciseness with lots of repetitions, spelling out the obvious and giving oversimplified examples. The exercises the author offers didn't seem particularly helpful or practical to me.
