



# Happy for No Reason

## 7 Steps to Being Happy from the Inside Out

by Marci Shimoff with Carol Kline

Free Press © 2008  
320 pages

### The Big Ideas

#### Some Not-So-Happy

Statistics.

#### The Continuum

Of happiness.

#### Happiness Set-Point:

What's yours?

#### Life, Liberty & The...

\*Practice\* of happiness.

#### Response-Ability:

The ability to respond.

#### Scary Mind Math

& ANTs.

#### Velcro vs. Teflon

Negative vs. Positive.

#### Incline Your Mind

Toward joy.

#### Look for the Lesson

And the gift.

#### Gratitude

The good vibes.

#### Baby Steps

+ kaizen.

“Happy for No Reason isn’t elation, euphoria, mood spikes or peak experiences that don’t last. It doesn’t mean grinning like a fool 24/7 or experiencing a superficial high. Happy for No Reason isn’t an emotion. In fact, when you are Happy for No Reason, you can have *any* emotion—including sadness, fear, anger, or hurt—but you still experience that underlying state of peace and well-being... When you’re Happy for No Reason, you *bring* happiness to your outer experiences rather than trying to *extract* happiness from them. You don’t need to manipulate the world around you to try to make yourself happy. You live *from* happiness, rather than *for* happiness.” ~ Marci Shimoff from *Happy for No Reason*

Wouldn’t you love to be “Happy for No Reason”?!?

Me, too. :)

Marci Shimoff came up with the idea for *Chicken Soup for the Woman’s Soul* and in this book she weaves together some of the best Ideas from the Positive Psychology movement with *Chicken Soup for the Soul*-like stories from what she calls the “Happy 100” (ranging from peeps like Elizabeth Gilbert (who wrote *Eat Pray Love*) to Michael Bernard Beckwith (founder of Agape Spiritual Center and star of *The Secret*).

It’s a fun read and packed with goodness. We’re barely going to scratch the surface of all the book’s mojo as we learn how to build habits in all aspects of our lives to truly be “Happy for No Reason.” So, let’s happy dance on in, shall we?!? :)

### Some Not-So-Happy Statistics

- “Less than 30 percent of people report being deeply happy.
- Twenty-five percent of Americans and 27 percent of Europeans claim they are depressed.
- The World Health Organization predicts that by 2020, depression will be second only to heart disease in terms of the global burden of illness.”

Yowsers. Isn’t it weird that in an era where we can send someone to the moon (and know *precisely* how much fuel it’ll take to get there and back!), we still don’t know how to create a culture of consistently happy people?!?

Odd.

In the spirit of inner-space exploration, let’s see if we can take a giant step forward. :)