# Contents

Introduction 1

1. What Happiness Is 9
2. How to Be Happy: Find Purpose and Meaning 23
3. Step Out of Your Comfort Zone 61
4. How to Be Happy: Identify and Indulge in Small Pleasures 85
5. Happiness When Life Is Really Hard 117
6. How to Help Others Be Happy 139

Useful Websites and Books 159
About the Author 163
Index 165