



# Hector and the Search for Happiness

*François Lelord*

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# Hector and the Search for Happiness

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**Hector and the Search for Happiness** François Lelord

**Now a major motion picture starring Simon Pegg, Rosamund Pike, Toni Collette, and Christopher Plummer**

**The international bestseller with more than two million copies sold**

"Once upon a time there was a young psychiatrist called Hector who was not very satisfied with himself. . . . And so he decided to take a trip around the world, and everywhere he went he would try to understand what made people happy or unhappy."

Hector travels from Paris to China to Africa to the United States, and along the way he keeps a list of observations about the people he meets. Combining the winsome appeal of *The Little Prince* with the inspiring philosophy of *The Alchemist*, Hector's journey around the world and into the human soul is entertaining, empowering, and smile-inducing--as winning in its optimism as it is wise in its simplicity.

## Hector and the Search for Happiness Details

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# From Reader Review Hector and the Search for Happiness for online ebook

## Leah says

I gave up in the middle of the book. I can't take it anymore, I can't take anymore of his pseudo-psychological bullshit which has nothing to do with "happiness" or how to achieve it. This book is degrading women and relationships in every possible way while being extremely racist on the side. I had to stop reading so I don't scream and rip the whole book apart.

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## Alexandra says

Eine gute Zusammenfassung über den Stand der aktuellen Glücksforschung, sowohl vom psychologischen Standpunkt aus betrachtet, als auch bezüglich der wissenschaftlichen medizinisch-biologischen Erkenntnisse. Damit es auch jedermann kapiert, ist es sehr einfach geschrieben, völlig dem Stil des "Kleinen Prinzen" abgekupfert.

Bedauerlicherweise gibt es so gar nix Neues in diesem Buch.

Fazit Null Innovation! Stil komplett kopiert (was ich in der Literatur gar nicht schätze), Inhalt Standard - null Vorstellungskraft bei den Gleichnissen. Der große Pluspunkt ist, dass es sich flüssig liest und sehr leicht zu kapieren ist. Ideal für den Strand wenn ich so gar nicht nachdenken will - insofern hat es durchaus seinen Wert für mich.

Ach ja bei aller Reduktion auf Einfachheit ist Lelord dann auch noch ein inhaltlich-logischer Fehler unterlaufen (S. 133/34). Der Mathematik-Liebhaber Alan vergisst völlig alle relativen Koeffizienten (Glück=Vergleich mit den Anderen) in seine Berechnung miteinzubeziehen. Diese Gelegenheit würde sich ein echter Mathematiker nie entgehen lassen!

Was ich auch noch sehr charmant finde, ist dass Frau Heidenreich offensichtlich bei der Besprechung des Buches dem Leser geschworen hat, dass er/sie nach der Lektüre glücklich ist (Originalzitat Einband).

\*schmunzel\* Alles ist relativ - vielleicht war die Dame vorher sehr unglücklich oder sie hat sich bis zur Lektüre noch nie mit ihrem eigenen Glück beschäftigt. Auf jeden Fall finde ich diese Aussage etwas zu mutig und tendenziös.

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## Faizah Aulia R says

Mau membuka dengan quote dari temen, yang lebih tepat kalau dijadikan penutup review ini, bahwa "Bahagia itu milik orang yang bersyukur". \*Keprok sabandungeun\*

Agak lama bacanya dan selalu menjadi pengantar tidur yang lelap, karena emang bawa ngantuk bukunya. Awalnya ngira mirip2 geography of bliss yang mencari makna kebahagiaan versi berbagai macam negara, tapi ternyata kalau ini lebih ke aspek psikologis kenapa orang-orang bahagia. Make sense sih beberapa catatan perjalanannya, kayak bahagia itu kalau enggak membanding2kan dengan kehidupan orang lain, bahagia itu kalau melihat orang yg kita cintai bahagia, dll (selebihnya baca sendiri wkwk).

Ada bagian Hector merasa galau terhadap penamaan perasaannya pada Ying Li dan Clara. Apakah dua-duanya disebut cinta atau cuma perasaan iba kepada salah satu (karena di catatan perjalanan dia #18, bahagia adalah mencintai dua wanita di saat yang bersamaan. Dan buat perempuan yang baca feel like "WTH" -iya, gue juga feeling gitu kok-).

Serius bahasannya, tapi penyampaian ringan, entah efek translating atau apa ya kerasa boring banget bacanya, dan bikin ngantuk, but worth to read kok.

Lagi, bahagia itu pilihan, bukan sebab akibat, dan ternyata sederhana, bersyukur sih.

"Karena bahagia itu milik orang bersyukur" - bio nya Galuh Rahayu P :)))

Nuhun bookmate (dan teman-teman yang udah mau udunan langganan bookmate sama akoeeh. Seriously, nuhun!)

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## **astried says**

Maybe I've become cynical... I noticed I can't enjoy those philosophical full-of-meaning yet so straightforward kind of book anymore. Once upon a time I've loved Coelho's *The Alchemist*. I found it so profound and it enriched my life to the point of overflowing. Now I cringe each time I read deep-meaningful sentences. I run away from books that were marketed as insightful, life changing, etc. I bought Laskar Pelangi series for my mother and refused to touch it despite her being wax poetic about it. I'm afraid to re-read Seno's short stories collection that used to be my anchor in life, afraid of ruining what it meant for me.

The thing is... I suppose all those books are so keen on being sincere and earnest I can't trust it anymore. They practically spelled out their belief on good way of living your life as if me as a reader is incapable of reading between the lines; incapable of learning from something bad as much as from something good. Perhaps I found that a bit insulting as well. What about being subtle? What about letting me find out what I want to learn from it by myself? What about crediting me with some brain? I never did like being lectured or reading books with an obvious lesson in it.

Hector... was ok I suppose. I read it at a wrong time. I should've read it years ago when I saw it first filling bookstore's and library's shelves in Germany. When I still liked to read Jostein Gaarder.

Not to say that this book is completely bad. The list itself is fairly valid for me. It's just wrapping story that sucks so bad. You know what, if he had published only the list in coffee table format with some wonderful illustration, I might've enjoyed it more. As it is, I needed to force myself to read through it just because I'm so near the end and the book is so thin I don't think I can forgive myself to abandon it.

Goodbye Hector, don't expect to meet me again. Perhaps I'll continue reading the book on history of marriage which feels so dry yet authoritative. Give me some statistic or technical elaboration. Give me acidic words, burnt bridges; I'm swearing off cotton candy for a while. Give me some Greene; Greene is always good; Greene is a nice piece of medium raw steak.

Btw, had I known being a psychiatrist meant having the capability to talk yourself out of brigand's clutch or to make friends with practically everyone or made yourself being loved by all women you met, I'd have chosen your career long time ago. Tough luck for me!

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## **Sarah says**

More like Hector and the Search for Fine Ladies to Sleep With. I found this book annoying and overly cute, and the more I think about it, the more irritated I get. Shut up, Hector.

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## **Jane says**

Hector is a psychiatrist. A successful psychiatrist who enjoys his job and is very good at it. Because he likes people and is interested in them.

But Hector had a concern. Why were so many people who had everything - career success, money, family, friends - not happy. It really worried him.

And that was why, when one of his patients told him that he looked tired, he decided to take a holiday. To travel the world and uncover the answer to the question that caused him so much concern.

Where does happiness come from?

Now this may be sounding a little simplistic. A little child-like even. And in a way it is - Hector's story is written in the style of a children's book. But it works because that perfectly balances an underlying intelligence and a serious theme. And that particular combination turns this little book into a lovely fable for grown-ups.

And so to Hector's journey.

He crisscrossed the globe, meeting an extraordinary array of characters, and getting into - and out of - some very strange situations. His professional skills and his genuine interest in people came in very useful.

Those characters and those experiences bring light and shade to the story, and they allow Hector to build up a list of twenty-five important lessons about happiness.

Hector is an engaging character and his is a lovely story. it is warm and insightful, and it cleverly avoids the pitfalls of silliness and sentimentality.

It's the sort of story that I could probably find a hole in if I wanted to, but I don't want to. It's that kind of book!

And so to the final question. Does Hector get a happy ending? Well, that would be telling!

But there are sequels, and so the ending of this book is not goodbye for good.

I'm looking forward to meeting Hector again one of these days.

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## **Tina says**

So I studied to be a psychologist, a cognitive scientist, mind you, but as it turned out later I didn't become one. The moment came when I had to grow up and choose a profession and, being as I am, I chose one that didn't bring me a lot of happiness, but had a considerable influence on the amount of my alcohol-intake (which, if you ask Hector, can be really beneficial for your levels of happiness). Still, in this pain-in-the-ass job of mine I find happiness because my paycheck is big enough for me to spend on books that I don't even have enough space to store in. And as we all know books=happiness.

But this is supposed to be a review of the book and I don't want it to end up being deleted >> decrease of my levels of happiness >> increase of alcohol-intake to make it up, you know how it goes. So let me say that I bought this book because I liked the cover, it is very pretty and yes, I am superficial like that. It wasn't exactly what I expected, but at the end of the day, it wrapped up pretty nicely and I can say that I enjoyed it. It also made me think about happiness and how different people define happiness. Of course, back in the day when I studied to be a psychologist, my colleagues and I used to have many a drunken discussions on the matter, but books that you don't have to read for school are always better!

François Lelord tells a very simple story through Hector. It's about how grown-ups, being all serious and businesslike, forget what happiness is, and that you can find happiness everywhere, if are not, by nature, a grumpy old fart (then you just need to take pills, man). You shouldn't expect to find the answer to the ultimate question of life, the universe and everything (which is, as we know, 42), but you can pick up this book with an open mind and, who knows, it may help you change the way you perceive stuff.

I know what happiness for me--it's having crazy wino friends, it's buying books, it's my possessed cat that likes to sleep on my books, it's hearing the screaming 'I'm so happy!' ringtone of my email at 6 am (I still wanna kill you though). What the book says is: Just don't take stuff too seriously, try to smile more and find something positive in everything around you, and, you know, law of attraction.

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## **Hana Candelaria says**

I picked up this book because I was intrigued by the title, the artwork, and the idea that a psychiatrist might travel to other lands in pursuit of a formula for happiness. It's a fast read, and the writing is extremely elementary (some reviewers equate it to 5th grade level). At first, the child-like style was interesting, but it became increasingly annoying as the psychiatrist gets into some stupid situations, including his cheating (with no remorse whatsoever) on his lady-who-remained-at-home by bedding down other women in the course of his travels (and glossing it over by saying they were 'doing what people in love do'). Throughout the travels, he builds a little list of happiness characteristics, and has a few trusted people look it over...which always seems to erupt in gales of laughter...and which seems silly because anything on this list can be learned from a basic course in psych and/or sociology, or any number of self-help books, or a set of stable parents!

Geos included are France, America, Africa, and China. It would have been *\*really\** interesting if the Middle East were part of the itinerary!

I did appreciate that it's a reminder that each person will essentially make their own lists (most likely the happy people will not be that invested in qualifying happiness, but unhappy people will continue the search/list-making); and there's no definitive one-size-fits-all formula. Other than that, I was completely unmoved or inspired by this work. Maybe I expected too much, but I found it to be a bit disappointing.

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## Petra Miocic says

<http://www.procitajto.com/recenzija-h...>

Što je sreća? „Za mene je sreća imati puno knjiga“. „Za mene je sreća biti zdrav“. „Moja sreća ovisi o sreći drugih mi ljudi“...i tako unedogled. Definicija sreće je koliko i ljudi i, kao niti o ukusima, niti o sreći nema potrebe raspravljati. Zašto nema? Naravno, jer svatko ima svoju sreću. Ima li doista? Jer ako je svatko od nas sam za sebe otkrio što ga usređuje i pronašao svoju sreću, zašto su onda police knjižara prepunjene kako pronaći sreću knjigama i zašto je red čekanja na posudbu sretne literature za samopomoć u knjižnici veći od onog za vampirsko-erotskim štivom? Naposljetku, ako smo sretni, zašto je psihoterapija jedan od najisplativijih biznisa (n)ovog stoljeća?

No, kako to obično biva, u postolara su najgore cipele pa, premda svojim pacijentima svakodnevno vraća osmijeh na lice, jedan (bit čemo slobodni pretpostaviti) francuski psihijatar Hector ne može pronaći pravu formulu vlastite sreće. Ima on i posao koji ga ispunjava i djevojku u čijoj blizini malo jače zatreperi, ali sve je to, s vremenom, počeo uzimati zdravo za gotovo i sada se pita je li ta sreća nešto više. Putovanje mu, baš kao i rad s ljudima, pričinja zadovoljstvo, a godine privatne prakse osigurale su mu i određenu ušteševinu pa se Hector odluči uputiti na put oko svijeta ne bi li pronašao sreću. Zapravo, ne bi li upoznao različite ljude, različite kulture i iz različitih krajeva svijeta, otkrio što njih usređuje i zamiješao sastojke univerzalnog kako biti sretan recepta. Ulaskom u zrakoplov, na let za Kinu, za srećom je krenuo Hector, a za Hectorom čitatelji. A takva, tematska, putovanja, rijetko ispadnu kako smo u početku planirali. Kao kada vam brošure turističkih agencija nude putovanja koja mijenjaju život, putovanja na kojima upoznajete sebe, a završite u osrednjem hotelu, vozite se rasklimanim autobusom, jurite naokolo ne biste li zadovoljili natrpan i zahtjevan program iako vas barem trećina sadržaja uopće ne zanima i naposljetku se, izmoreni, vratite kući i sretni ste. Sretni jer je gotovo.

Pomalo biste se razočaranim mogli osjetiti i posegnete li za Hectorom u potrazi za srećom ohrabreni najavama o spoju Alkemičara i Malog princa, literarnom priručniku za samopomoć i briljantno duhovitom i prpošnom štivu. Francuski autor (i sam psihijatar po zanimanju) François Lelord u svom je kratkom literarnom prvijencu, na 160 stranica, doista iznio 23 lekcije uz čiju čemo pomoć biti, ako ne sretni, a ono bar sretniji. Iako je poimanje sreće vrlo osobno, neki su (pred)uvjeti njenu dostizanja ipak univerzalni; ne valja se uspoređivati s drugima niti pridavati previše pažnje njihovoj mišljenju, a rastu količine sreće pogoduje i druženje s dragim nam ljudima ili provođenje vremena u aktivnostima koje nas usređuju... Lelord je sve te lekcije gotovo taksativno popisao, dodao im još poneku i stvorio zdravorazumski priručnik za sreću.

Nije, također, posve jasno kome je knjiga namijenjena jer svojom duljinom i pojednostavljenim, gotovo banalnim stilom i jezikom čitatelja često navodi na pomisao kako se radi o kratkom poučku o sreći za djecu na pragu adolescencije, no neke situacije opisane u knjizi ipak im nisu primjerene (iako bi vjerojatno i oni scenu seksa opisali što nije od u sobi, na krevetu, rade ono što rade zaljubljeni). Maštovit bi čitatelj jednostavnost u pisanju mogao objasniti time što je sreća u malim, jednostavnim stvarima i što njoj nije potrebna kičenoš niti ozbiljnost, ona progovara dovoljno snažnim jezikom. Uostalom, ne tvrdimo li često kako su dječja srca najbolji poznavatelji te tajne, toliko nedokučive odraslima? No, i nakon puta, i nakon traganja, Hector je zaboravio da se sreća ne temelji na laži niti na prevari, a usput raditi ono što rade zaljubljeni dok djevojka na drugom kraju svijeta strpljivo čeka da se „usređite“ nije, naposljetku, pošteno. Je li Hector ipak iz ove priče izašao mudriji, valjalo bi provjeriti u nastavcima što ih je Lelord za njega napisao. U međuvremenu se i on sam iz Francuske preselio u Kinu pa se pitamo nije li i on na svom „putu ka sreći“, stvarnoj osnovi za ovaj roman, pronašao neku Ying Li. A želite li i vi popratiti Hectora na njegovu putovanje, ne oćekujte sofisticiranog vodiča prepunog korisnih informacija. Hector će biti vaš pratitelj, dat će vam poneki okvir, dopustite li mu, ali kao i na svim najboljim putovanjima, ostalo je na vama.

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## Manny says

Hector was sitting on another airplane, and he was reading a novel he had bought at the airport just before leaving. Curiously enough, it was called *Le Voyage d'Hector*, and it was about another young psychiatrist with the same name, who took it into his head to wonder what happiness was and went on a long journey to find out. From time to time, Hector looked at the man next to him, who was also reading. He had a thick book, but Hector noticed that he only read one or two pages at a time, and in between he took little naps. And somehow he looked a bit sad.

**The rest of this review is available elsewhere (the location cannot be given for Goodreads policy reasons)**

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## Rose says

I loved this book immensely! It was an utterly charming little book. I haven't been so amused & charmed & fallen in love with a main character this much since Mma Ramotswe from the No.1 Ladies' Detective Agency series. Hector's search in trying to understand what makes people happy or unhappy was touching & funny & quite insightful. Loved it. Can't wait to read book 2.

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## Opat says

Emang yah kalo udah pake reward, beda hawanya :))

Jadi yah pertama-tama saya kembali mau tepuk tangan buat saya sendiri karena sudah berhasil menyelesaikan satu buku SELF HELP. SELF HELP SODARA-SODARA! SELF HELP! OPAT BACA SELF HELP! Seperti kata Hector, kebahagiaan itu adalah perayaan. Maka mari kita merayakannya!

Yah, dari judulnya juga jelas. Yah, sebenarnya karna dari judulnya ini sih saya tertarik. Kata "happiness" selalu menjadi daya tarik buat saya. Pas saya gugling, wah yg main Simon Pegg. SIMON PEGG SODARA-SODARA! WHO DOESN'T LOVE SIMON PEGG!

Oke balik lagi, yah Hector yang seorang psikiatri jalan-jalan ke Cina, ke Afrika, ke Amerika, buat menemukan apa itu kebahagiaan. DASAR ORANG KAYA! KAPITALIS! Nyari kebahagiaan aja sampe sejauh itu! APA? APA? TRAVEL IS NOT ABOUT THE MONEY? MODYARO! (Sabar pat sabar, kamu harus sabar dan berbahagia, Pat).

Oh bukunya bagus kok. Kalimatnya juga sederhana dan mudah dicerna. Dan pelajaran soal kebahagiaan juga bisa bikin tersipu.

Cuma ada 2 hal yg mengganjal:

1. Itu Hector kok bosan banget ya, dicurhatin cewek sekali langsung kebayang2 terus -\_\_-
2. Judul2 chapternya selalu diawali dengan kata "Hector"; Hector Merasa Sedih, Hector Merasa Tidak Puas, endebray endebray. Yaaa gak papa sih cuma jadi inget Noddy aja; Noddy Goes to School, Noddy at the Seaside, endebray endebray lagi.



Akhirul kalam, Wassalam.

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## **Amina says**

- Lesson no. 1: Making comparisons can spoil your happiness.
- Lesson no. 2: Happiness often comes when least expected
- Lesson no. 3: Many people see happiness only in their future
- Lesson no. 4: Many people think that happiness comes from having more power or more money
- Lesson no. 5: Sometimes happiness is not knowing the whole story
- Lesson no. 6: Happiness is a long walk in beautiful, unfamiliar mountains
- Lesson no. 7: It's a mistake to think that happiness is the goal
- Lesson no. 8: Happiness is being with the people you love
- Lesson no. 8b: Unhappiness is being separated from the people you love
- Lesson no. 9: Happiness is knowing your family lacks for nothing
- Lesson no. 10: Happiness is doing a job you love
- Lesson no. 11: Happiness is having a home and a garden of your own
- Lesson no. 12: It's harder to be happy in a country run by bad people
- Lesson no. 13: Happiness is feeling useful to others.
- Lesson no. 14: Happiness is to be loved for exactly who you are.
- Lesson no. 15: Happiness comes when you feel truly alive
- Lesson no. 16: Happiness is knowing how to celebrate
- Lesson no. 17: Happiness is caring about the happiness of those you love
- Lesson no. 18: Happiness could be the freedom to love more than one woman at the same time
- Lesson no. 19: The sun and the sea make everybody happy.
- Lesson no. 20: Happiness is a certain way of seeing things
- Lesson no. 21: Rivalry poisons happiness
- Lesson no. 22: Women care more than men about making others happy
- Lesson no. 23: Happiness means making sure that those around you are happy?

I spent a great great time with this lovely book, Hector takes you through his journey to find out more about happiness, and indeed, he gives a lot to think about...

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## **Bettie? says**

*Description: Hector is very good at treating patients in need of his help. But he can't do much for those who are simply dissatisfied with life, and that is beginning to depress him. When a patient tells him he looks in need of a vacation, Hector takes a trip around the world to learn what makes people happy—and sad. As he travels from Paris to China to Africa to the United States, he lists his observations about the people he meets. Is there a secret to happiness, and will Hector find it?*

*Combining the winsome appeal of The Little Prince with the inspiring philosophy of The Alchemist, Hector's journey ventures around the globe and into the human soul. Lelord's writing inspires us to consider life's great questions. Uplifting, empowering, and optimistic, this is a fable for our times and all time.*

**Opening: ONCE upon a time there was a young psychiatrist called Hector who was not very satisfied**

**with himself.**

**Hector was not very satisfied with himself, even though he looked just like a real psychiatrist: he wore little round glasses that made him look intellectual; he knew how to listen to people sympathetically, saying ‘mmm’; he even had a little moustache, which he twirled when he was thinking very hard.**

Hector, our eponymous, kind, caring, yet also very tired hero decides to head to China in Tintin's footsteps...

A quick, simply wrought story that left me in a state of quiet happiness.

Film Trailer. In the words of BrokenTune: 'what a cast'. I couldn't agree more.

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## **Tahira says**

I am not really sure how Hector and the Search for Happiness became a best-seller. In fact, I found it fairly offensive mostly because I found "Hector" (who, as far as I understand it, represents the author) unlikeable. Primarily, his relationship with women is troubling as they are either fetishized, exoticized or objectified throughout the novel--Hector is constantly noticing how attractive women are, and commenting on this impulse as uncontrollably male, bleck. Secondly, most of the people Hector meets along the way (particularly those who reside/live in the country he is visiting) are tokenized or stereotyped. Perhaps Lelord tried to give some dimension to humanity, as that was one of the purposes of the book, but I felt as though he fell considerably short. Lastly, Hector's approach to his search is clearly privileged, and I consistently sensed something very smug about Hector's character, even when he was intentionally trying not to be.

This novel was entertaining enough, especially considering how brief it is. But in truth, I didn't find it particularly enjoyable.

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## **Anne says**

Francoise Lelord has had a successful career as a psychiatrist in the USA and France, and now writes full-time.

'Hector and the Search for Happiness' is almost child-like in it's simplicity, yet is so intelligent. It's really difficult to compartmentalise this novel into any specific genre - it's fictionalised self-help in a way, and could be classed as a modern-day fable.

The lead character, Hector, is a psychiatrist, he is successful in his career and enjoys helping people. Hector has noticed that many people seem to be unhappy, even those that have money, family and good jobs. One of his patients tells him one day that he looks tired, so he decides to take a 'busman's' holiday. He decides to travel the world in search of what real happiness is.

The book follows Hector on his journey across the world to different countries. During his trip he meets many people - Hector is a friendly kind of guy and strikes up conversation with anyone, from a monk to a gangster. He learns something from everyone that he meets - and compiles a list of things that make people really happy.

Although a psychiatrist, Hector is very naive - he finds himself in some improbable situations, but his good nature, innocence and understanding nature gets him out of trouble every time.

Hector does find out what happiness is and by the end of the story, the reader also will realise just what real happiness is.

This is a heart-warming story, charmingly written and full of clever insights. Sometimes this sort of 'discover yourself' novel can be patronising, overly sentimental or a little twee - Hector is none of these. It is amusing, warm and quite adventurous.

This is the first in the Hectors Journeys series which have already sold millions of copies worldwide and I look forward to reading the next in the series. The book is soon to be a major film from the makers of The Last Station.

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### **Amber says**

Hector is a Psychiatrist who cannot make his patients happy so he decides to go on a pilgrimage to see what makes people happy. Will he be satisfied with the answers he seeks? Read on and find out for yourself.

This was a pretty good read. I saw the film first starring Simon Pegg and it went just like this book which is a good and sad story. Definitely check this book out at your local library and wherever books are sold.

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### **yexxo says**

Grundsätzlich: eine nette Idee. Wer ist nicht auf der Suche nach dem Glück und hätte gerne etwas Hilfe dabei? Völlig neue und überraschende Erkenntnisse sind jedoch nicht zu erwarten, im Großen und Ganzen sind wohl alle Ratschläge, Empfehlungen in irgendeiner Form schon in anderen Büchern erschienen. Wirklich gestört haben mich zwei Dinge: Zum einen, dass es auf der Suche nach dem Glück scheinbar dazugehört, sich bei jeder Gelegenheit zu verlieben und eine Affäre zu beginnen (immerhin mit einem ganz kleinen schlechten Gewissen gegenüber seiner Freundin daheim). Ist das die Quintessenz? Gehe ausser Haus, koste dein Leben aus ohne Rücksicht auf das/die Zurückgebliebene/n um das wahre Glück zu finden? Wesentlich störender fand ich jedoch die Sprache: Das gesamte Buch ist in einem Ton verfasst, der an einen Erwachsenen erinnert, der versucht, Kindern etwas nahe zu bringen. Wenn ich mir vorstelle, jemand würde versuchen sich auf diese Art und Weise mit mir zu unterhalten, wäre das Gespräch nach spätestens 5 Sätzen beendet.

Fazit: Idee gut, Umsetzung schlecht.

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### **Nikzad Nourpanah says**

This was my first “pop-psychology” book, and I got it for free. The first few pages were good and didn't sound like the usual cliché; the author was hinting at more fundamental problems like the empty depression of the middle class as opposed to the more fundamental problems of the poor and less-privileged. I guessed it was hinting on the unfair class system pertinent to the modern world societies. At least the author starts his quest to quantify and understand “happiness” based on such paradoxes. I actually hoped he would discuss

how the concept of happiness and the urge to live a “happy” life sometimes strike one as being a mere product of the modern world designed to keep the work force content and the society and the system stable.

However, much to my dismay, as the author's trip unfolds he just can't help but point out the usual boring clichés about happiness. His trip and the book rolls on and on to form a compilation of 20 tips about what happiness is. Unfortunately, the tips can be found on mugs and posters sold in every supermarket, and its nothing new, theres nothing about the initial more fundamental problems. Just the usual: happiness is to have a fulfilling job and family and friends and someone to love and someone to love you back and so on and so forth. In the final chapter it seems the author feels kinda bad about stupefying his readers with this kind of bullshit, so he takes his findings to a reputable “professor of happiness studies”, and the prof puts his stamp of approval on the list and thus “scientifically” shows us that happiness indeed is a the usual over-rated list with 20 items.

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### **Brianna says**

This is one of those times I really wished I would have checked out the reviews here first before I picked the book up. I bought this book on a whim at a used bookstore without really knowing much about it, and being totally honest the adorable cover art really had a lot to do with the purchase. I had heard some buzz about the book but had not looked into it much and I haven't seen the film and definitely won't now. As many reviewers have stated(much more eloquently than I can) the "lessons" Hector supposedly learned are nothing that you can't find elsewhere and they are really overshadowed by the way that Hector both treats and thinks about women, which quite frankly completely undermines any rapport I may have had with the protagonist. I feel that this makes both the narrative and the character of Hector completely unsympathetic and ruins this book for me, cute cover art or not.

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