



## Seven Secrets of Happiness

*Sharon Owens*

[Download now](#)

[Read Online ➔](#)

# Seven Secrets of Happiness

Sharon Owens

## Seven Secrets of Happiness Sharon Owens

Once upon a time Ruby O'Neill lived in her very own ivory tower (a beautiful little cottage) with her very own fairytale prince (her handsome husband Jonathan). She had roses round her door and her friends were never far away - life in her fairytale land was perfect. But grown-up fairy stories don't last forever and one dark night Ruby's life is smashed into a million pieces. With her castle in the air destroyed and her heart broken, she swears she will never love again. Yet guardian angels hide in the strangest places and from Ruby's darkest night, six magical secrets slowly emerge to show her life is for living and that tomorrow is not too late for love. But who is the mysterious stranger who holds the seventh secret, the hardest one to find? And is he the person who holds the ultimate secret, the key to Ruby's frozen heart?

## Seven Secrets of Happiness Details

Date : Published December 1st 2009 by Penguin Books (first published August 27th 2009)

ISBN : 9780141028569

Author : Sharon Owens

Format : Paperback 400 pages

Genre : Womens Fiction, Chick Lit



[Download Seven Secrets of Happiness ...pdf](#)



[Read Online Seven Secrets of Happiness ...pdf](#)

**Download and Read Free Online Seven Secrets of Happiness Sharon Owens**

---

## **From Reader Review Seven Secrets of Happiness for online ebook**

### **Susan says**

The first time I read The Tea House On Mulberry Street I fell in love with it. For me none of the other novels by Sharon Owens has come close to its charm and simple story telling. This book was ok. An easy read and no brain food (which is what I was looking for) but it had no Penny Stanley either. I'm done with reading any further novels by Sharon because I'm always judging her by her own best standards and we would all come up short by that yardstick. So I will continue to read The Tea House from time to time and be very happy with that.

---

### **Fiona says**

I adored this book and the tale of the handbags, Irish authors just seem to have the knack for me when it comes to delivering the goods!!! I found the start of it a little too close for comfort but really enjoyed the rest of the story. A keeper for me!

---

### **Danielle says**

I did not like this book, it drove me to distraction and found the writing style was terrible and rushed and felt it was clumsy.

The story plot just reminds me of something that you would write for a creative writing class.

---

### **Tamarai Selvi says**

Are there any secrets to make your life happy after a hail storm? Yes there are secrets, and it could only be found by you within you! Look for goodness in everything and everywhere, then you will find your secret for your happiness like how Ruby found her 7 secrets for her happiness.

---

### **Hanifarina says**

There is not much to say apart from it is a very easy reading book.

I do like the the journey of the story. And finding out the seven secrets of happiness. Here is the list:

1. To be emotionally independent. To create happiness within yourself, and to not let anyone control it.
2. Good body and mental health.
3. Get rid of negative emotions. Such as, Envy.
4. Hold on to your real friends.

5. Do as many good deeds.
6. Look at the beauty in small things.
7. Letting go of the past.

Its beautiful!

---

### **Eliza says**

3,5/5 stars. Perfect cheesy and light Christmas romance. Just predictable and cheesy enough, but also just enough seriousness. Loved that it is set in Belfast.

---

### **Mary says**

oh wow to this book i loved every minute of it, it reminded me a little bit of ps i love you, i so loved ruby and tom and i loved jasmine and rubys friendship. the touch of the red robin was excellent too just a really heartwarming good read and i will definately read more by this author fantastic

---

### **Leah says**

Ruby O'Neill thought she had it all: a gorgeous husband, a rock-solid marriage and a fairytale house. Until one night, on Christmas Eve, Ruby's world is shattered into tiny little pieces when she finds out her husband has died in a car accident. As Ruby's friend Jasmine helps her through her grief, Ruby decides to move house and buy out the shop in which she works. As Ruby and Jasmine make a success of the shop, Ruby's life seems to be getting back on track, but she still feels as if she'll never love again – until she meets Tom, a fellow widower. Are Ruby and Tom sufficiently over their grief to be able to love again or will it all end in disaster?

Sharon Owens is a relatively new author to me although she this is actually her fifth book. I read a review of one of her other books (The Revenge of the Wedding Planner) and although it wasn't particularly favourable I did like the sound of her books so when I was offered the chance of being able to read her new book The Seven Secrets of Happiness I jumped at the chance! I eagerly started the book and I really found myself enjoying the book.

Whereas a lot of books focus on our heroine ending up alone via a cheating boyfriend/husband at the start of a novel, The Seven Secrets of Happiness takes a different tack and starts promisingly but takes a sad turn 20 or so pages in. I admit that after reading the blurb on the back the last thing I expected was the death of Ruby's husband. It was an incredible shock but the blurb, after reading it back, does hint at someone dying rather than Ruby's husband actually leaving her which was my initial thought. Sharon Owens does a really good job at portraying Ruby's grief as well as that of Tom, the man Ruby meets the night her husband dies. I don't have much experience of grief but I could really feel for Ruby and, even more so, for Tom and I found Owens treated the subject very sensitively.

The Seven Secrets of Happiness spans about three years in total, from start to finish, and there are quite a

few time jumps although none of them seemed at all forced and all kind of helped keep the story flowing. Because, in total honesty, if the entire book had focused solely on Ruby's grief then I don't think it would have worked so the jumps in time helped us see how Ruby had moved on after that disastrous night. I adored the seven secrets of happiness aspect of the book – which is essentially the main plot I would say – and looked forward to revealing each of the seven secrets. All of the stories pertaining the secrets were all inspiring. I thought all seven secrets to happiness could well be the secrets to happiness.

As far as characters go I found myself really loving Ruby. She's a hugely sympathetic character and you'd have to have quite a hard heart to not feel for Ruby at all as she goes through quite a lot of drama. She never really felt sorry for herself though and the way she managed to deal with her grief was quite fantastic. Jasmine, Ruby's best friend, was an absolute rock to Ruby throughout her mourning period and I found myself really warming to her early on. The friendship between herself and Ruby was easily believable. My favourite character, though was Tom, a fellow widower and the man Ruby meets the night her husband dies. He seemed like such a nice character and I loved getting to know him before he and Ruby really made contact. It's so good being able to get to know a character before he/she enters a relationship with our main character. There were a few minor characters including Ruby's mother and father who at the beginning seem to be happy together, until Ruby's mother Emily ups and leaves the country during some sort of midlife crisis. That added another thread to the entire story making for a fantastic story.

While I did love the book, I did find myself getting irritated at certain aspects of the writing. Irish writers have a habit of adding "so" onto the ends of their sentences as well as adding things like "so I am" onto the end of a sentence where they've already said they're doing something. Example: "I'm going shopping, so I am." and it really doesn't work because they're essentially repeating the same thing twice! From the little contact I've had with Irish people I've never heard any of them add "so" or "so I am" onto their sentences and I just don't understand why editors don't just edit them out. Another thing Irish authors seem intent on doing is using the full names of their characters in dialogue ("You will not Ruby O'Neill"). It would take nothing from the story except to make sentences more fluid and not sound so silly. Apart from that, I found Sharon Owens's writing style easy to get into and immensely enjoyable.

The Seven Secrets of Happiness is an incredibly enjoyable read and one I hugely recommend. Sharon Owens seems a hugely promising new chick lit talent and I look forward to picking up more of her books! The magical aspect of her book may not be as far out as Cecelia Ahern's books but it's there and it's incredibly heartwarming. The Seven Secrets of Happiness really does ask the question of whether love is possible again after such horrible tragedy and heartbreak and I found the answer to be perfectly adequate.

---

### **Nicola Mcfall says**

Lovely wee book to read in the run up to Christmas. Fell slightly in love with Tom! :)

---

### **Anne says**

As December arrives and the festive season approaches, I like to read books with a Christmas or wintry theme. Over the past couple of years for some reason, most of my seasonal reads have been by American authors and to be truthful I've found the majority of them are just too sweet and overly sentimental for my tastes. Yes, Christmas time should be a time of peace and goodwill and families and happiness, but let's face

it, we all know that very often it doesn't quite work out like that.

Although Sharon Owens' *The Seven Secrets of Happiness* does have a message, and makes the reader take a look at what really does make us happy and what really does matter in life, it's done in a way that is not patronising, or twee or down-right tooth achingly sweet.

So, to the story. It's Christmas Eve and Ruby O'Neill is waiting at home for her husband Jonathan. She wants to decorate the tree, settle down with a drink and look forward to a few days together without the pressures of work for a change. Ruby and Jonathan are happily married, they are attractive, successful, reasonably wealthy, have a beautiful home and are madly in love.

Tom Lavery is a widower, his beloved wife Kate died some years ago, he misses her dreadfully and wonders how much longer he can carry on without her. Tom is delivering the last of the Christmas trees from the Camberwell estate where he is the head gardener and Ruby is the last customer on his list.

Just a few hours later Ruby's life is shattered. Her dreams in pieces, her hopes for the future destroyed and the Christmas tree standing in the corner.

Over the next months and years Ruby gradually starts to learn to live again, but swears that she will never love again. Helped by her dearest friend Jasmine, she starts to build herself a new future and every now and again Tom shows his face in her life. Ruby discovers that there are seven secrets to happiness and if she considers these and remembers them, then life could be good again.

Sharon Owens has that Irish women author's gift - the gift of making her characters seem real, making them recognisable, making them flawed yet likeable, and making the reader interested in what will happen on the next page, and the next, and the next. I liked the character of Ruby, but I loved Tom and I loved Jasmine, for me they were the two that stood out. Ruby's discovery of the seven secrets of happiness could have been twee and over the top but Owens links the discovery of each secret to seven velvet handbags that Ruby has made - each recipient of a bag has a story to tell about what can make them happy, and it's not in the least bit sweet and sentimental, it's very cleverly done.

Despite the title, don't expect happiness straight away, I had a lump in my throat by page 25 but there are plenty of smiles along the way. A great seasonal read.

---

### **Jane says**

Actual rating 2.5 stars

This book is one of these books I don't think I would've started reading without my reading challenge for this year. It is also one of those books that I was not all that eager to start because I was almost convinced that the heroine's husband is cheating on her and is going to leave her. Well, I have to admit, I was wrong about that. He does leave her, but only because he dies suddenly. And what follows is Ruby's story that takes place over the course of several years before she's finally kind of ready to let go of her husband's memory and live.

Parts of this story I actually quite enjoyed, but I have to say that it is also ridiculous at points and I have no idea why it is so long or why Owens put so much emphasis on other characters. The drama with Ruby's parents simply added more pages to the book and truth be told, I didn't particularly care for that scene where Ruby's mom was in a painting class or something. The other thing I didn't particularly care for was Jasmine's relationship as I didn't think it really added anything to Ruby's story and her healing and could should have simply been left out.

By the time I was 75% in, parts of the novel became so ridiculous that I couldn't help but laugh out loud. For

instance, there's this one scene where Ruby's thinking of her night with her new love interest where they were overcome by passion and very eager to have at it... and Ruby says that it took her less than 30 minutes to remove all her clothes. I, personally, would've died of frustration by that point and I fear I'm not the only one. It simply seemed SO ridiculous that I couldn't help but laugh at that.

The other thing that seemed kind of ridiculous to me, was the way everyone seemed to be still using landlines and mobile phones seem to be something rare and the year this book was published is 2009! Two thousand and nine, guys. Was the book maybe first written in 2001 or something and only published years later? Oh alright, Owens doesn't outright say what year it was, but it simply seemed so, so odd to me.

It should be a lovely book and I guess it kind of is, but it didn't wow me nor did it make me \*feel\* for the heroine. She stayed too distant for my liking and in the end I think Owens put a bit too much emphasis on the unnecessary.

The Book Challengers blog // The Book Challengers Instagram // The Book Challengers Twitter

---

### **Taj says**

Not your usual chick lit where girl meets boy, falls in love, breaks up and decides to look for happiness by discovering it elsewhere. This was a thought-filled, heartwarming book which delved into the intricacies of human emotions and how people deal with it. Loved it.

---

### **Yla Socorro says**

Introduction: When I saw this book, I ignored it the first time because I thought its one of those chick flick novels where I can practically predict what will happen in every page. But finding nothing more interesting, I came back for it and decided to humor myself. Ending up, I have never loved a book this way so far. Truly worth my time:

Overview: Ruby O'Neill is living a fairy-tale life, married to the love of her life, Jonathan who adores her just as much. It is a snowy Christmas Eve and Ruby blissfully decorates their Christmas tree, excited about giving Jonathan her present. Then a telephone call shatters her fairytale life forever. In the New Year Ruby picks herself up with the help of her best friend Jasmine, buying a shop in which she spends busying her self with sewing seven lovely little velvet bags. Through them her life is touched by the lives of others and she learns six secrets which begin to mend her wounded heart. And little does she know that a man, Tom Lavery, though wounded himself, holds not only the seventh secret but also Ruby's chance of having love blossom again in her life.

My opinion: This book is so lovely I read it twice :) This is a story about losing a love, and finding a new one despite the fact that you will never forget the past. Who says you have to forget to be happy again anyway? ;) I love how the seven secrets of happiness is portrayed by people and circumstances surrounding Ruby's life. I also love the presence of Jasmine, that although her character is a big difference from Ruby's (Jasmine being outgoing and so into casual dating), you can see a very honest friendship being shared by these two remarkable women.

This book deals with love and loss and the ways in which we have to move forward and look to the future. I would really love to share with you those seven secrets to happiness, but I think reading it and being able to relate to the story is the only way for you to appreciate what they are really all about. :)

---

## **Brina says**

Das Leben der 30-jährigen Ruby wird ganz plötzlich auf den Kopf gestellt. Grund ist der Tod ihres geliebten Mannes, der völlig unerwartet stirbt. Für Ruby bricht eine Welt zusammen, die sie immer mehr in die Trauer hinab stürzen lässt.

Zusammen mit ihrer besten Freundin Jasmine beschließt sie nicht aufzugeben und versucht immer mehr wieder in den Alltag hineinzukommen.

Unerwartete Hilfe bekommt sie auch von Menschen mit ganz unterschiedlichen Schicksalen, die ihr zeigen, dass das Leben auch nach so einem Schicksal noch durchaus lebenswert ist.

Ganz besondere Hilfe erhält sie von Tom, der ebenfalls den Tod seiner Lebensgefährtin zu verkraften hat.

Sharon Owens hat mit „Sieben kleine Geheimnisse“ eine wunderbare Geschichte geschrieben, in der die 30-jährige Ruby ihr Leben verarbeitet.

Die Geschichte liest sich flüssig und hat einen tollen Schreibstil. Hier werden die Gefühle und Gedanken der Protagonisten sehr gut dargestellt.

Allerdings gibt es hierbei einen kleinen Kritikpunkt:

Zwar liest sich die Kurzbeschreibung enorm gut, aber man muss dazu sagen, dass sonst nichts in diesem Buch passiert. Hier passiert wenig überraschendes.

Mich persönlich hat das nicht gestört, aber ich denke, wer hier einen Roman wie „P.S. Ich liebe Dich“ erwartet, könnte enttäuscht sein.

Erzählt wird die Geschichte von Ruby, die bereits mit 30 Jahren ihren größten Schicksalsschlag erleben musste. Durch den Tod ihres Mannes ist sie von jetzt auf gleich auf sich alleine gestellt, was ihr zunächst nur sehr schwer gelingt.

Die Art und Weise wie sie im Laufe der Geschichte immer mehr an Kraft schöpft und ihr Leben wieder auf die Beine stellt ist bewundernswert.

Ruby muss man einfach gerne haben. Ihre Stärke macht sie zu einem ganz besonderen Menschen und auch ihre Denkweisen sind mehr als interessant gewesen. Durch die schwere Zeit begleitet sie ihre Freundin Jasmine.

Ein toller Charakter ist auch Tom, der ein ähnliches Schicksal wie Ruby hinnehmen musste, denn auch ihm wurde die Lebensgefährtin genommen.

Wunderschön ist auch das Cover, dass mir hier besonders durch die zarten Blau- und Rosatöne aufgefallen ist.

Allgemein finde ich das Cover deutlich schöner als die ausländischen Cover.

„Sieben kleine Geheimnisse“ ist ein absolutes Wohlfühlbuch, dass einen zum lachen, weinen und nachdenken bringt. Empfehlenswert.

