



Happy Lemons

Thomas Flindt

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When you laugh, you experience feelings of harmony, happiness and balance. Laughter allows you to get in touch with yourself, and with life itself. Of course, it's fun to laugh, but laughter is much more than just fun - laughter is a deep personal release that can positively transform tension, stress and pain. In his book, **Happy Lemons - How Happiness Breeds Success**, Thomas Flindt takes us on an interesting journey, examining the roots of laughter and diving into its various purposes, why we laugh, and its benefits at work. The book dives into a world of laughter, including the power of now, and the therapeutic and physical effects of laughter. The book includes fun and simple exercises that help you incorporate strong habits to gain more happiness in your everyday life. Not only will **Happy Lemons** leave a contagious positive effect on you, it also provides tips and practical tools on how to incorporate great positive habits at work, how to increase job satisfaction, and how to incorporate more joy in your everyday life. Breathing and laughing are your most important energy resources. It doesn't make you feel alive, it keeps you alive.

Happy Lemons Details

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From Reader Review Happy Lemons for online ebook

Claudia Blanton says

This is a very unique approach to a self-help book, charmingly written, with an interesting view on how laughter can improve ones life, beyond the initial thought of “just feeling happy”/

Laced with exercises that range from embracing the little annoying habits of others, to learning to laugh at yourself, this book is practical, more practical than I originally have thought, when I received the volume. I love being surprised by different approaches in self-help, as I have read many, and the genre is filled with books that increasingly sound the same. This book is lovely in its uniqueness and provides an insight into techniques such as Laughter-Yoga.

Overall I highly recommend this book to anyone who wants a fresh technique on how to improve ones life. I enjoyed the volume.

Egle says

If people got more laughter in their lives we would all be better off, and Thomas explains it nicely in his book. It's a light and relaxing read about how something as simple and natural as laughter can have a positive effect on our wellbeing and life in general. Definitely worth reading!

Dane Cobain says

Disclaimer: While I aim to be unbiased, I received a copy of this for free to review.

Thomas Flindt is a laughter guru, something that I didn't even know existed – his job is to help people to release tension, stress and negativity through the expression of laughter. At first, I was a little skeptical, but his ideas actually make a lot of sense and, when I tried some of the exercises that he suggested, I did feel a little better.

And from Flindt's point of view, if he contributes even a little happiness in to your life when you read his book, his job is done.

Pam Thomas says

I loved this book, its so interesting, its about the four systems experiment and how it came to be. Its about laughter, why we laugh and what benefits we get out of it, a brilliant recovery for stress, motivation, creativity and how to improve our health.

Rob Slaven says

I received this book free in exchange for a review. Despite that kindness I am candid in my opinions about it below.

Happy Lemons resides in a genre that I would label Alternative Psychology. It details the use of Laughter Therapy to reduce stress, increase personal connections and just generally improve your quality of life. The book tackles this topic from a very positive how-to perspective and is not at all deep or complex. Dozens of exercises help you implement their strategies quickly and easily.

On the positive side, this book comes bearing a message that a large part of the world, in the United States especially, need to hear. We're so busy being uptight and competing with each other that we don't take time to just be ourselves and kick back and relax. If readers will pay attention to what this book has to say and take it seriously (irony) then I have no doubt it will have a positive impact on their lives.

The negative side though is that I suspect the style will make many people consider this book a "bridge too far" and not give it the proper hearing. To many the mere concept of just laughing for the heck of it is (forgive me) laughable and I imagine a lot of readers putting this down after the first few pages. Sadly, it is exactly these people that need the book most. Lastly, it should be noted that the book also suffers somewhat from technical problems. The grammar is at times rather faulty and the organization scattered and slapdash.

In summary, I like what this book has to say and it would do a many people a lot of good to really internalize what it has to say but the delivery just isn't likely to crack the curmudgeonly crust of those who need it most.

Katarina says

Not just another self help book. A unique approach to changing your life through laughter. Laugh and happiness will follow.

Plenty of research to give this a solid, serious background, and peppered with exercises to increase happiness/laughter and decrease annoyance or stress in both little and big ways in your life.

S says

Not enjoyable for me. Might be for someone else, though.

Gavin Moore says

A fun book that stops and reminds you to enjoy everything life has to offer. Read why you should allow yourself to have fun at work, how it can seriously aid you and your team to taste, and enjoy success. Read this book and remember, take life and work seriously, but have fun along the way!

Jamie Holloway says

A really awesome book. I learned a lot about being happy and laughing. I will posting my book review on my blog this week.

Josefine Campbell says

Wonderful! Informative and fund. It is enlighting to learn what laughter actually can do.
