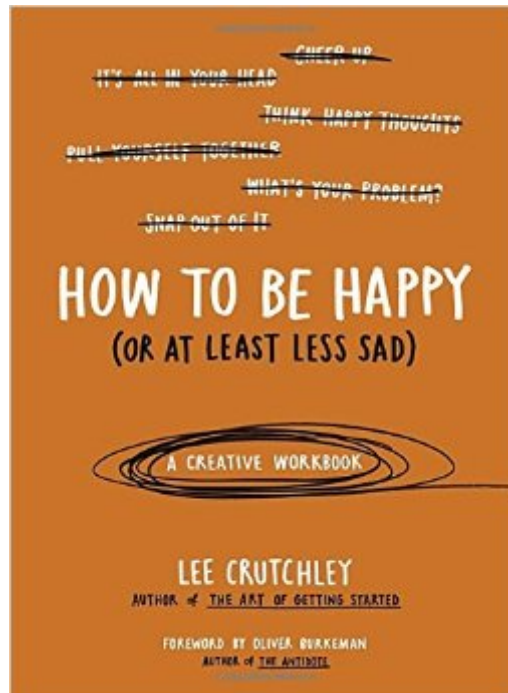


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# How To Be Happy (Or At Least Less Sad): A Creative Workbook



## Synopsis

Author and illustrator Lee Crutchley brings his lively interactive approach to a little-discussed but very common issue: the struggle with depression and anxiety. Through a series of supportive, surprising, and engaging prompts, *HOW TO BE HAPPY (OR AT LEAST LESS SAD)* helps readers see things in a new light, and rediscover simple pleasures and everyday joy or at least feel a little less sad. By turns a workbook, trusted friend, creative outlet, security blanket, and secret diary, the pages of this book will offer solace, distraction, engagement, a fresh perspective, and hopeful new beginnings for readers of all ages and walks of life.

## Book Information

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Product Dimensions: 5.4 x 0.4 x 7.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (100 customer reviews)

Best Sellers Rank: #3,572 in Books (See Top 100 in Books) #8 in Books > Health, Fitness & Dieting > Mental Health > Depression #136 in Books > Self-Help > Motivational

## Customer Reviews

I purchased this book when I saw a review for it online and found the premise interesting. As someone who has ongoing struggles with anxiety and depression, I'm always up to try something new that might help. The book itself is basically an exercise book that allows you to move through at your own pace and fosters mindfulness which is something I think most of us toss aside when life gets busy or difficult. I've had some more clinical workbooks in the past and I think I actually prefer this less formal, more inviting format. One night as I was filling out one of the first exercises, my husband looked over and asked what I was doing. I told him I was listing 10 things that I do everyday that don't cause me pleasure and then crossing out the ones that are not essential. That ended up sparking a great conversation between the two of us that lasted quite a while and we both identified small things we could each change that would really have a positive impact on our day to day happiness. Even though I am using this as a tool to work through my mental health challenges, I think this book is a great option for anyone who feels in a rut or just wants to do a little soul

searching. I'm looking forward to what other tools I'll discover in this little gem.

When I bought this book, I was in such a down mental state that I was pinning quite a bit of hope on its subtitle being possible. Now that I am looking back with clearer eyes, I see why this book is helpful. It gives you permission to identify your negative thoughts but steers you away from ruminating. It's a low risk high reward method of examining your thoughts and feelings. Doing basically any exercise on a page, regardless of its focus, tends to make me feel better in the moment. They are extremely practical exercises. Some of the exercises are just generally relaxing (like filling 50 squares with as many squares of gray as you can), others are more directive (like writing your most frequent intrusive thoughts, then identifying how they are distorted thinking). A lot of the advice and exercises seem to be simplified versions of methods used in mindfulness therapy and CBT. The way that it is introduced is non-threatening and fun. Personally, I don't actually write in this book but copy my prompts into a different notebook. That way I can reuse this book or lend it out to a friend who might need it. Another book which I would recommend buying in conjunction with this one is "Start Where You Are", which is apparently quite popular on . I feel that the content of these books goes hand in hand. Many of the exercises are similar in themes. However, that book is filled with cheery colors and lots of inspirational quotations; this book is inked in black and white, and might be better for someone who is depressed while stepping into self-examination with a journal for the first time. I recommend going slow and keeping an open mind if you choose to order it. I feel grateful for this book right now.

This is an excellent book for anyone who is sad or depressed. It has good ideas to make yourself less sad. According to the book, being less sad is easier than trying to be happy. I highly recommend this book. It is also an activity book.

Great little book with tons of activities to inspire creative thinking. I'm looking forward to spending some time on myself, and getting to know the person I am now. As a mother, it's easy to lose touch with yourself, I'm looking forward to finding myself again.

**SUCH A BIG HIT!** An interactive/self-exploring journal including lots of lists and writing prompts to help you think about the positive and negative things affecting your life. Perfect for the teen I bought for!

I truly think this book is wonderful. The opening quotes, the foreword, and the author's intro really do a great job of setting up the idea that "a book can't fix you," and I think that's so important. "One Weird Trick To Cure Depression" is always a load of baloney, and the author is very up front about knowing that is true. \*round of applause\*I blew through the first 10 or so pages and was really feeling great afterwards! I mean it! And I'm currently in an overall great place mentally, so I do not think this book is just for sad people! I'm happy to have this book now, but a little sad that I didn't have it when I was sad because I know it could have helped me help myself :)If you are sad or if you are happy or if you like drawing and writing prompts, then I 100% recommend this book.

I got this when I was recovering from a mental breakdown. I figured it surely couldn't hurt. Despite not being a mental health professional, the author has incorporated elements of Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). While not a replacement for professional treatment, it's a solid tool to help you maintain a positive mindset or to begin climbing out of the vast pit of depression, anxiety, bipolar, etc.I actually emailed a link to the book to an art therapist I know, and she was intrigued enough to purchase it herself. After she reviewed it she said she planned to incorporate some of the exercises into her classes.Well worth the price and it's fun to work in, too!

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