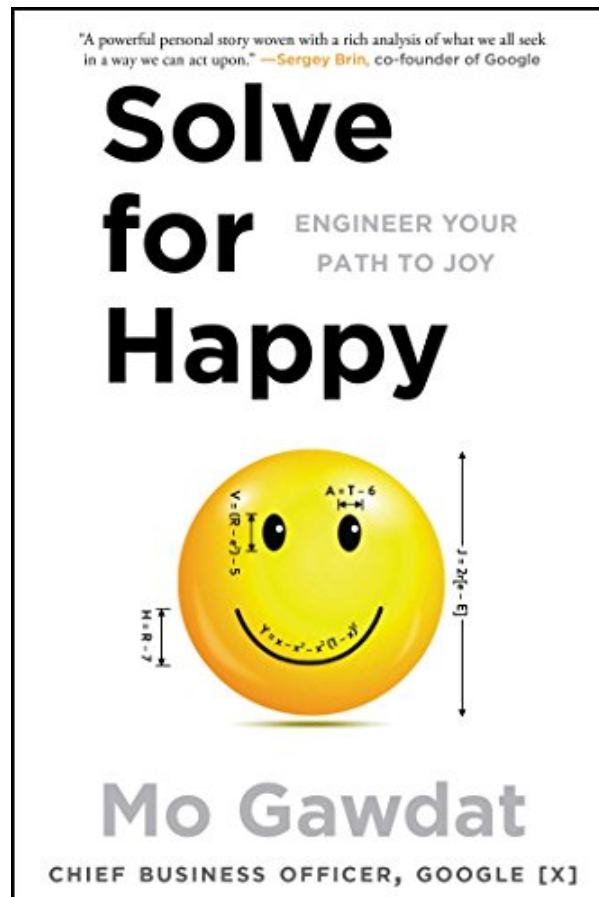


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Game-changer, I'm about to read it again!

By Maya Li

If you're reading this review, the book has already found you. This Mo guy is not your typical self-help author (not that I have anything against them, I'm one of those hippie-nerdy types who has an entire bookshelf dedicated to books on happiness :). He's probably the last person you'd expect to write a book like this (a Silicon Valley high tech executive) but I think that's part of what sets it apart -- it's a very carefully compiled set of insights with one goal only -- your happiness.

I challenge you to read this book and *not* end up questioning some of your most deeply held beliefs -- in the most wonderful, enlightening, and life-freeing way. Just flip to any chapter and prepare to have your mind delightfully blown-- there's so many surprising topics you wouldn't expect to find within one cover. I can't wait until this book gets into the hands, minds and hearts of millions because it will truly spark a revolution within our collective consciousness, irreversibly raising our capacity to enjoy life as it's meant to be lived. I'm so grateful for Mo's dedication to sharing his many years of personal research and the equation that has passed the ultimate test of any human being's resilience... truly a gift that I have already begun to share with everyone I can.

10 of 11 people found the following review helpful.

... about how we approach our expectations for life and happiness. The author draws on deeply personal experiences

By Paula Weyler Beck

A refreshing and practical way to think about how we approach our expectations for life and happiness. The author draws on deeply personal experiences, mathematics, physics, and more to help readers understand their own simple "formula" for happy- and to recognize the areas where we get the variables wrong at times. This book will resonate with analytical business or engineering minds, as well as creative or spiritual types. Highly recommend!

10 of 11 people found the following review helpful.

Profoundly changed my perspective on several aspects of life

By Tarek

To be honest, I initially thought the idea of an engineering approach to happiness was a completely ridiculous one, and mostly read the book out of pure curiosity. To my shock, I couldn't put it down for 3 days! The book has profoundly changed my perspective on several aspects of life, essentially making me a

much happier person. Definitely works.

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