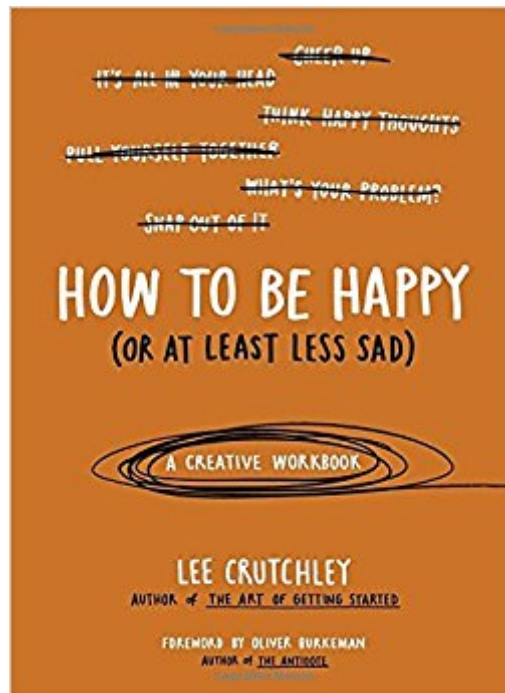




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# How To Be Happy (Or At Least Less Sad): A Creative Workbook



## 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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Average Customer Review: 4.4 out of 5 stars 144 customer reviews

Best Sellers Rank: #11,616 in Books (See Top 100 in Books) #16 in Books > Self-Help > Anxieties & Phobias #18 in Books > Health, Fitness & Dieting > Mental Health > Depression #23 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders

## Customer Reviews

"This book made me nervous when I first scanned through it because I knew it would work! This isn't a self-help book; it's more of a blue-collar, get-down-to-business friend with calloused hands who is ready to boogie when you are. This book is about action, but also acknowledgment. There are no platitudes and its author is no Pollyanna. It's an explicit map that leads to a place where you're going to feel measurably better, and better equipped to face life's vicissitudes." — Rob Delaney, comedian

"This book does the work that I believe is most worthwhile — it does not hand you answers, it sets you up to find them yourself. One of the most accessible, relatable, unique and flawlessly crafted books that I have ever seen. A must have, a must read, a must do." — Brianna Wiest, author of *The Human Element*

"Taking the small incremental steps toward conquering depression takes courage, and even then, it helps to have any compassionate guidance you can find. *How To Be Happy (Or At Least Less Sad)* comes from a knowing, forgiving

place. Its intentions are sincere. When I first read it I thought: I could have used a book like this. And then I thought: I still can use a book like this."

• Jason Porter, author of *Why Are You So Sad?* "This book (*How To Be Happy*) is the kind of friend I want around when I'm feeling sad. He lets me vent without judging me, gives me a little guidance, reminds me that I'm not alone, and lets me draw all over him with colored pencils."

• Lisa Currie, author of *The Scribble Diary and Me, You, Us* "Whether you are just having a random sad day, or whether your bad days come a little bit more frequently than that, Lee's book will help you shine a new light on your life. Filled with thoughtful, simple and heart-opening exercises, plus snippets and stories from the author's own struggles, this book will give you a new lens that will help you get through the rough patches, week-by-week, day-by-day or minute-by-minute if that's all you can handle. Fill out these pages. You'll laugh. You'll cry. And you'll be blown away by what you discover about your own ability to feel happy. Or at least less sad."

• Bernadette Noll, author of *Slow Family Living* "A breath of fresh air...This is a wonderful tool for anyone struggling with depression or even just feeling blah."

--Publishers Weekly

Lee Crutchley is an illustrator and designer, and the author of *The Art of Getting Started*.

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.

The things in this book take your mind off of the sad/bad in a way that makes you confront/think about the problem but not dwell or make you feel worse. Some of the activities on the pages may seem trivial or even childish but are fun and can easily make you crack a smile. It has some quotes mixed in that are good and kind of funny. This book is great for even happy people. Self evaluation and spending even 10 min on you a day with this book is beneficial for everyone I can guarantee it. You won't be disappointed by this 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!

This is one of the best CBT books that I have ever found! It cuts through all of the psycho-babble and just gets down to the meat of what you need to do to change your thoughts and get to a better place in your head

Awesome book. Great for making you feel more happy...or just less sad. It's sweet and smart and I recommend it.

This book helps you to look at things from a very different perspective. It is good for helping to pick you up when you are feeling down. I bought this book because insurance isn't covering therapy as much and finding a therapist that takes your insurance is getting harder and harder. I am feeling much better. It has helped me when I have been feeling down.

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