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**How to Be Happy, Dammit: A Cynic's
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How to be Happy, Dammit, written by Karen Salmansohn, is subtitled: A Cynic's Guide to Spiritual Happiness. The book most certainly fits that description, and more. To begin, the actual dimensions of the book are interesting.

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It measures 7 inches tall and 6 inches horizontally.

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Being happy with the skin you are in.
Happy with your overall life. You don't
have to be happy every minute of every
day. But you should have a healthy
happiness for your life in general. On the

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first page of How to Be Happy, Dammit,
it points out that the average person
thinks

How to Be Happy, Dammit

So, I took the initiative and e-mailed
Karen asking for some in-person crib
notes. She agreed! A few days later,
Karen and I sat across from each other

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at the adorable French Marquet in
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Smart. Simple. Direct. Witty. This is the schmaltz-free Karen Salmansohn style for serving up easy-to-digest spiritual inspiration in the first book in her Happiness series, *How to Be Happy, Dammit: A Cynic's Guide to Spiritual*

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Happiness. Salmansohn left her successful advertising career to pursue her passion for writing.

How to Be Happy, Dammit - Rewire Me by Rose Caiola

About How to Be Happy, Dammit. Guaranteed to perk up even the most cynical spirit, HOW TO BE HAPPY,

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DAMMIT is the first and only self-help book that merges psychology, biology, eastern and western philosophies, quantum physics, and the Zen of Bazooka Joe.

How to Be Happy, Dammit by Karen Salmansohn: 9781587611193 ...

“How to Be Happy, Dammit” may not

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change your life (unless you let it), but it will certainly brighten your day, even if you are a die-hard cynic.”! Warning “You think about 60,000 thoughts a day, and it’s up to you to make sure that you don’t use up 59,999 of them with negative, cynical thinking,” Salmansohn advises readers.

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**Karen Salmansohn, author, "How to
Be Happy, Dammit ...**

How To Be Happy, Dammit: A Cynic's Guide To Spiritual Happiness by Salmansohn, Karen Provides a unique look at finding the joy in life with humorous, thought-provoking wisdom, that even a cynic can appreciate.

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