



Happiness Is a Funny Thing

Dave Caperton

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Each year there are thousands of new books about how to make money, get fit, increase vocabularies or solve Sudoku puzzles. At the heart of every one is this unspoken hope: *And then maybe you can be happy.* In his new book, **Happiness Is a Funny Thing**, speaker, comedian and comedy writer Dave Caperton says: *Let's cheat. Let's forget about all the peripheral stuff and instead go straight for the prize. I'm financially unstable, I'm flabby and I hate Sudoku. I don't care. I want joy. I want to laugh. I want to live an extraordinary life of faith and happiness and--while I'm at it--I want to make a difference. I don't want it for a hypothetical someday after I've fixed everything that's wrong with me. I want to be happy and I want it now.* Written with honesty and the type of humor that has made Dave a favorite speaker for hundreds of top business, education and health care organizations in North America, **Happiness Is a Funny Thing** will make you laugh while you learn how to: *-Identify and remove obstacles to joy -Successfully use humor (even if you aren't funny). -Make simple choices that will unlock happiness in the now -Become more valuable to others at work and at home* Described by readers as *laugh-out-loud funny* and *a real-deal book about personal growth*, **Happiness Is a Funny Thing** is proof that self-help doesn't have to be dull.

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Ray Chung:

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