



# Live Happy: 10 Simple Questions To Help You See the Happiness You Already Have

*Melinda Crow*

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## **Live Happy: 10 Simple Questions To Help You See the Happiness You Already Have** Melinda Crow

In fifty short pages, guidebook author Melinda Crow lays out a plan for making the most of each day by asking yourself ten things. The questions, and your answers, may seem simple at first glance. But like artistic optical illusions, each can be viewed in a far more insightful way, leading you down a road to finding and keeping happiness in your life. "Starting with the small, obvious things we do and see each day we begin to see happiness in a different light-- as something that we already have but didn't recognize," Crow says. "Only then will the big things we do make us happy."

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