

~~CHEER UP~~

~~IT'S ALL IN YOUR HEAD~~

~~THINK HAPPY THOUGHTS~~

~~PULL YOURSELF TOGETHER~~

~~WHAT'S YOUR PROBLEM?~~

~~SNAP OUT OF IT~~

HOW TO BE HAPPY

(OR AT LEAST LESS SAD)



A CREATIVE WORKBOOK

LEE CRUTCHLEY

AUTHOR of THE ART OF GETTING STARTED

FOREWORD BY OLIVER BURKEMAN

AUTHOR of THE ANTIDOTE

Lee Crutchley

How to Be Happy (Or at Least Less Sad): A Creative Workbook



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Writer and illustrator Lee Crutchley brings his lively interactive approach to a little-discussed but very common issue: the have a problem with depression and anxiety. Through a number of supportive, surprising, and engaging prompts, **HOW TO BE HAPPY (OR AT LEAST LESS SAD)** helps readers see things in a fresh light, and rediscover simple pleasures and everyday joy... for readers of most ages and walks of life. By turns a workbook, trusted friend, creative outlet, security blanket, and secret diary, the webpages of this book will offer you solace, distraction, engagement, a fresh perspective, and hopeful fresh beginnings—or in least feel a little less sad.



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