



# The Happiness Equation: Want Nothing + Do Anything = Have Everything

*Neil Pasricha*

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What's the formula for a happy life?

Neil Pasricha is a Harvard MBA, a Walmart executive, a *New York Times*–bestselling author, and a husband and dad. After selling more than a million copies of his Book of Awesome series, he now shifts his focus from observation to application.

In *The Happiness Equation*, Pasricha illustrates how to want nothing, do anything, and have everything. If that sounds like a contradiction, you simply haven't unlocked the 9 Secrets to Happiness.

Each secret takes a common ideal, flips it on its head, and casts it in a completely new light. Pasricha then goes a step further by providing step-by-step guidelines and hand-drawn scribbles that illustrate exactly how to apply each secret to live a happier life today.

Controversial? Maybe. Counterintuitive? Definitely.

*The Happiness Equation* will teach you such principles as:

- Why success doesn't lead to happiness
- How to make more money than a Harvard MBA
- Why multitasking is a myth
- How eliminating options leads to more choice

*The Happiness Equation* is a book that will change how you think about everything—your time, your career, your relationships, your family, and, ultimately, of course, your happiness.

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