

## **O's Little Book of Happiness**

*The Oprah Magazine (Editor) , Thelma Adams (Contributor)*

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With a sprightly dose of insightful inspiration, a sprinkling of practical advice, and a bounty of exuberant stories by great writers, *O's Little Book of Happiness* features some of the best work ever to have appeared in *O, The Oprah Magazine*. Inside you'll find Elizabeth Gilbert's ode to the triumph of asking for what you want, Jane Smiley's tribute to the animal who taught her about lasting fulfillment, Roxane Gay's sure-fire cure for complaining, Brené Brown's celebration of the powers of play, Neil deGrasse Tyson's take on the joyful participation in the universe, and much more. Revisiting fifteen years of the magazine's rich archives, *O's* editors have assembled a collection as stunning as it is spirit-lifting.

## O's Little Book of Happiness Details

Date : Published March 31st 2015 by Flatiron Books

ISBN : 9781250068569

Author : The Oprah Magazine (Editor) , Thelma Adams (Contributor)

Format : Hardcover 208 pages

Genre : Nonfiction, Self Help, Audiobook, Short Stories

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## From Reader Review O's Little Book of Happiness for online ebook

### Laura Parente says

Since I love Oprah, I purchased this little book for myself. While there were a few wonderful stories, I now feel that it probably wasn't worthy of buying. I would definitely get it from the library or borrow from a friend.

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### Nouran Gamal says

i preferred the one on love more but this had some pretty good ones..

My Favs:

- A Slice of Summer by Abigail Thomas
  - Varied Treasure by Lisa Congdon
  - Horizons Expanded by Heather Greenwood Davis
  - An Extraordinary Machine by Lila Keary
  - My Unplanned Adventure by Catherine Price
  - The Year of Saying Yes by Patricia Volk
  - The Juan Show by Jessica Winter
  - Pleasure 101 by Gretchen Reynolds
  - Could you be Happier? by Dan Baker (the results were so true)
  - Uncrumpling My Face by Catherine Newman (funny)
  - Ask Away by Elizabeth Gilbert
  - To Do List or Not To Do List by Martha Beck
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### Melissa says

I know this wasn't the best book to kick off my list this month of celebrating women in March, but it was readily available and short. I'm just not sold on the idea of happiness needing to be the goal all the time. Forcing happiness or reveling in misery deny the complexities of the human experience and the value of a broad range of emotions in our lives. Sometimes sadness is the appropriate response. Sometimes it is better to just laugh. But this collection of essays was a little too generically "inspirational". But it was made by O. So. Mildly entertaining and overflowing with positivity and quotable soundbites.

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### Kris - My Novelesque Life says

2.5 Stars

This little thin book that is put out by O Magazine is unfortunately not a Little Book of Happiness. I initially picked it up because I knew Jane Smiley had an essay in the anthology. The "essays" are really more like the Twitter form of an essay. That would have been okay had the stories had some form or substance...they were just a vignette of a happy moment. It reminded me of a dream sequence - no beginning or end just poof some

stuff. I think this reflects more on the editors than the authors. I do like the cover so it does make a nice art on the ole coffee table.

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### **Heidi The Hippie Reader says**

I received a free copy of this book through Goodreads First Reads. FTC guidelines: check!

Let's start with a confession: I am not a reader of magazines. I find them to be filled to the brim with advertisements for things I neither want nor need and, after I've dug through the pages of stuff for sale, I find the writing to be insipid. "Six new sex positions!" "Keep your romance alive!" blah, blah, blah... that being said, O's Little Book of Happiness was totally different from my expectations of what a magazine is and introduced to me the idea of what a magazine could be. (And there were no advertisements!)

This collection of essays from the pages of O are wonderful. Through memories and insights, the writers of each chapter have something uplifting and inspiring to share. My favorite was the chapter entitled "My Unplanned Adventure" by Catherine Price (pg 88-99). It's about an uptight traveler who planned every aspect of her trips around the world until she came to the conclusion that she was over thinking it. So, she walked up to a person, asked them where they would travel if they could go anywhere, and went there. I won't ruin the essay by relating all of it here, but it totally resonated with me. I also have to remind myself that going with the flow is always more desirable than white-knuckling intricate plans and time tables.

A couple of the essays felt too short (one page or one paragraph in some instances) but for the most part I enjoyed their length and the order that they are arranged in. There's something very powerful in reading back-to-back essays about happiness and accounts of people finding their path in life. I read this through in almost one sitting but it could also be savored slowly like a-chapter-a-day devotional guide. I enjoyed this very much.

If you like O's Little Book of Happiness, I would also recommend The Happiness Advantage by Shawn Achor and Happiness: A Guide to Developing Life's Most Important Skill by Matthieu Ricard.

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### **Shivangi Yadav says**

These are basically anecdotes about what makes people happy. And for the first few of them, you like the feeling that these shorts give you, but after a while, it gets tedious. There is no substance to the stories, no backstory and thus most just remain the kind of stories that friends tell each other to cheer each other up.

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### **Kathleen says**

The year I retired from teaching high school English, one of my students, Jacob, gifted me with this book and a touching personal note. I must admit, this circumstance was already steeped in my heart when I began reading this charming book - and stayed with me throughout. Some of the essays were poignant. Some were funny. Some were inspirational. All were relatable. A nice book to either tell the reader to 'keep the most important thing the most important thing'....or to remind people who have already figured this out - to continue to do so.

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**Noreen Fredriksen says**

I won this book from goodreads. O's Little Book of Happiness is a compilation of inspirational stories and advice from the archives of The Oprah Magazine. Some of the stories will cause you to see life in a different light. I enjoyed the book very much and will be reading many of my favorite stories many times. I also enjoyed reading about the background and accomplishments of each writer.

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**Kandice says**

1.5 stars

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**Jenan says**

I liked this one more than O's Little Book of Calm and Comfort.

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**Candy says**

It takes a conscious effort to remind myself that I'm never alone in my fears, anxieties, failures, ambitions, hopes, dreams...that I'm human and as humans we're all connected by our experiences and emotions. I liked this book because it reminded me, story after story.

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**Kate says**

What a breath of fresh air! This was a lovely book of short stories reminding us all to hold on to and actively look for the moments of happiness in our lives.

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**Gazala says**

O'S LITTLE BOOK OF LOVE AND FRIENDSHIP


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REVIEW

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First of all - this cover .how beautiful is the colourful classy cover of this gorgeous compilation of essays and anecdotes from The Oprah Magazine. As the title says ,it brings to its readers essays on love and friendship and the cover somehow conveys a warm fuzzy feeling that the book will leave you with. Thank

you @panmacmillanindia for the book ?...

The essays are picked over a period of a few years , written by different writers and each of them talk about how love has changed their lives. These are real stories of how people fell in love ,lost dear ones, found friendships in strange ways and how a little something has caused a drastic change in their lives. It is a beautiful reminder of how love keeps us all going ,and how heartbreak, loss and despair lead to beautiful things , just as discovering a beautiful blossoming relationship enhances our lives... There are some very beautiful lines that define these incidents that aren't a mere coincidence but all a part of the grand picture... though i could finish this book much quicker ,i took my time with it as there is so much to think about...the detailed review on [www.merakipost.com](http://www.merakipost.com) will have some wonderful lines that caught my attention.. I really recommend all you guys who are just looking for reassurance that we'll be ok , need to read this...

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### **Nicole Perry says**

A nice easy read. It reminded me of the "This I Believe" series.

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### **Deb (Readerbuzz) Nance says**

O's Little Book of Happiness is exactly what the title states: little stories about everyday happinesses. I swear that I could physically feel little jets of happiness enter my bloodstream as I read along in the pages of this book. It is quite delightful. Perfect little boosts of happiness in each story.

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