

# BEING HAPPY!

**A Handbook to Greater  
Confidence & Security**

**NEW  
EDITION!**



**Over  
2 MILLION  
copies sold**

**ANDREW MATTHEWS**

# READERS' COMMENTS

“As a teenager I suffered depression and I literally wanted to disappear from this planet. Then my psychiatrist recommended that I read *BEING HAPPY!* Everything made sense. The book helped so much. Now I am a 26-year-old woman, I always give my best to everything. I keep on smiling and believing in myself.”

Linda Loo, Viña del Mar, CHILE

“Insightful, fresh, and brilliant ... had I learned what Andrew Matthews so lightheartedly explains years ago, my life would have been infinitely better. Buy this one, then put what he says into practice. It works.”

Dr Susan Petro, Santa Rosa Beach, USA

“Your books are helping me as a kind of miracle in all my hard times. They have changed my life – and they have changed my friends’ lives. I really love them!”

Omid Mortazavi, IRAN

“I made *BEING HAPPY!* required reading at work. All of the 30 people praised it and most wanted copies of their own. Everyone’s quality of work life was improved. In addition I have given copies, as gifts, to friends struggling with tough life decisions.

“Where advice and counseling have failed this book made a difference.”

Peter Honsinger, Rochester, NY, USA

“My Mum introduced me to this book when I was a teenager and going

through teenage years of anger, frustration and helplessness, unable to communicate, with zero self-esteem and confidence. Since then I have never looked back in life.”

Smita Ganguly, Bolton, UK

“Your book *BEING HAPPY!* was the first self-help book I ever read. *BEING HAPPY!* changed my life and encouraged me to be all I can be.

“I now have four novels to my credit. Thank you, Andrew, for helping us to believe in ourselves.”

Susan Cline, Texas, USA

“I was born in 1984 but only started to live in the year 2000 after reading *BEING HAPPY!* I was a very shy and sad girl. So many things have changed ever since I read your book. Now I am stronger, happier and more confident.

“Thank you for the great difference you have made to my life.”

Maria Monica Franco, Taguig City, PHILIPPINES

“I was at a very low point in my life. This book has taught me that I am not defective, and that I have more control over me and the events in my life than I thought.

“I would recommend it to everyone.”

S. K. Leggate, Fernley, Nevada, USA

“I LOVE YOUR BOOK. I keep it on my bedside table and refer to it as my Bible. Thank you for everything!”

Robin Horowitz, Psychiatric social worker, LA, USA

*“BEING HAPPY!* changed my life. I have become more successful in everything I do. I went from bank teller position to branch manager in less than 6 months. I have never been happier. I have given your book to several people because they wanted to know how I did it.

“Thank you, Andrew Matthews, for giving me the means to be happy!”

Nancy Hayes, Tok, Alaska, USA

# **BEING HAPPY!**

written and illustrated by Andrew Matthews

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Email: [info@seashell.com.au](mailto:info@seashell.com.au)

Visit our website: [www.seashell.com.au](http://www.seashell.com.au)

Facebook: Andrew Matthews – Author

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Also by the same author:

***Making Friends***

***Follow Your Heart***

***Happiness in a Nutshell***

***Being a Happy Teen***

***Happiness Now***

***Happiness in Hard Times***

***Stop the Bullying!***

***How Life Works***

## THANK YOU

To Ian Ward

In 1988, when no other publisher wanted my raw manuscript  
“Being Happy!”, Media Masters publishers Ian Ward and (the late)  
Norma Miraflor took a chance on me.

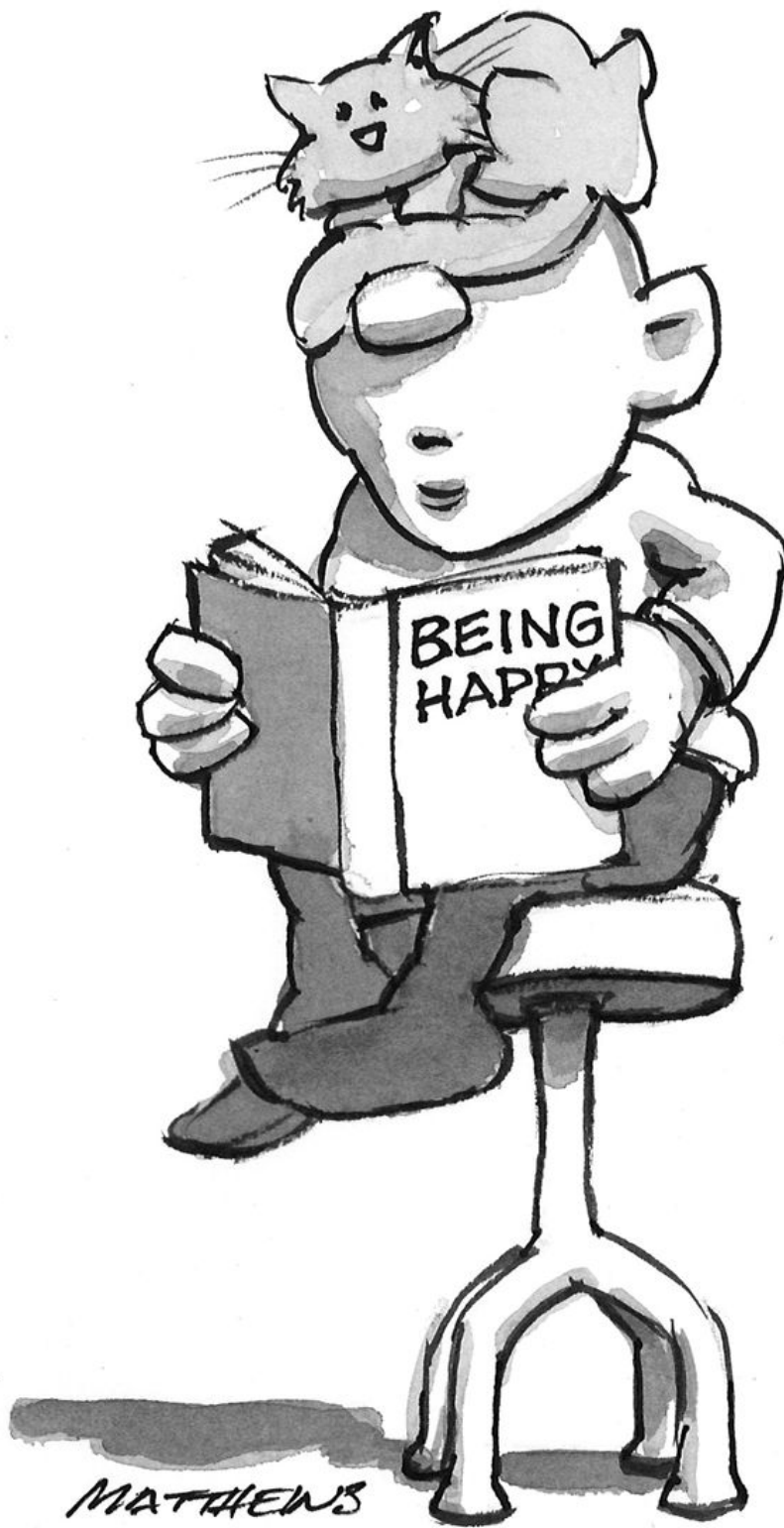
I am so grateful to you and Norma for your generosity, your  
foresight and your relentless commitment.

To my precious wife and publisher, Julie

In 1988 I dedicated this – my first book – to you.

For thirty years you have been my rock and my guiding light.  
Thank you for your love and your wisdom. Thank you for your  
brilliance in managing our publishing company.  
Nobody knows how hard you have worked or the sacrifices you  
have made.

Thank you for putting your brilliant career on hold to take these  
books to the world.





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