



## Happiness Is All We Want

*Ashutosh Mishra*

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Today, we are leading our lives in mindless pursuit, unable even to articulate what we are pursuing. We are unhappy even after achieving what we desire. *Happiness is all we want!* suggests that the source of peace and happiness is within us, if we know the secret. The book's objective is to help us unlock that secret and attain a high level of overall well-being in order to lead a happy and fulfilling life and be the healthiest we can be, mentally and physically. A wide variety of tools and techniques are explained in simple language. Many real life experiences of the author as well as other people are interspersed through the book.

Demystifying the spiritual aspect of wellbeing, this book integrates it with your life objectives. You can immensely improve not only the peace and happiness in your life but your beauty and appearance as well. self-development; self-improvement; personality development; wellbeing; physical;mental;spiritual; happiness; health;emotional

## Happiness Is All We Want Details

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Author : Ashutosh Mishra

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## **From Reader Review Happiness Is All We Want for online ebook**

### **Abhishek Putran says**

A shadow of THE MONK WHO SOLD HIS FERRARI...!

The book is more of a life guide to being happy written in a comprehensive way rather than a simple motivational self-help book.. the book talks about how the three major factors of our life Mind, body and soul work and what problems each one of them go through and how to deal with those problems which ultimately results in our all round Happiness...

Author has very conveyed the message of being happy taking most of the everyday examples into consideration and also has given a simple yet effective solution to each one of the problems that emerge on the way of achieving the state of happiness.

The books more or less seems to be a shadow of the most famous book THE MONK WHO SOLD HIS FERRARI, but has its better at most of the points... The language has been a little uneasy to comprehend at a quick read but delivers the message in a beautiful words nonetheless... All in all its a great self-help book and worth a read for everyone who wants to achieve the state of happiness...!

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### **Sakshi Kathuria says**

Reading self-help books are hard to graze by for me. But I was mildly surprised at how this book kept me alert and observant without drawing on the edges of being pedantic. The book quite aptly focuses on the three pivotal vehicles for a happy state of being, mainly mental, physical & spiritual. The author has quite clearly rendered a fresh perspective on the meaning of happiness in life and how to strive to achieve that state of being. The ideas, tools and techniques stated in the book caught my interest and riveted me pages after pages. The learning can be applied in one's daily life only if we take time to learn, absorb and practice the useful tips shared by the author.

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### **Neena says**

A self help book focussing on the different aspects of happiness, mental , physical and spiritual.In particular the section on physical well being is well researched, having information on how the body reacts to different forms of exercise and the possibility of injuries. It also provides an overview of the different meditation and other traditional methods like pranayama, vipassana , yoga, keeping calm and the importance for finding time for oneself . Many of the techniques like vipassana are mentioned in the media, however this book explains these methods in great detail. This book has been written by a busy finance professional and is very relevant to those who lead a similar hitech and hectic lifestyle, travelling regularly.

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### **Vishnu Chevli says**

I rarely finish self-help book. Last self-help I finished was "Open-Eyed Meditation" by Shubha Vilas, and I loved it. "Happiness Is All We Want" by Ashutosh Mishra has touched the same level. Not only I liked the book, I started implementing few of the guidelines given in books.

Talking about book pattern, Ashutosh has divided book into three parts:

- 1) Mental Wellbeing
- 2) Physical Wellbeing
- 3) Spiritual Wellbeing

Each section starts with what is wrong with that state in our life, why we need to work on it. Once need of wellbeing explained, he takes you through various exercises or steps one should take to increase your overall happiness. The author knew the main problem about self-help book, no matter how hard you try, you end up writing boring literature if you forget to add examples and tips. Ashutosh has wonderfully placed following pointers in book to keep readers glued

- 1) Wakeup Story - As the name suggested, these stories looks so familiar with our story or some of our near-dear ones. But scariest part would be problem arises to each individual, due to lack of attention.
- 2) Happiness Moment - These stories compensate wake-up stories and tell readers benefits of various recommendations by the author.
- 3) Tech Traps - These segments were specially given for modernized people who are so engrossed in their tech-gadget world that normal word seems distant to them.
- 4) Smart Well-being Capsule (SWC) - Actual steps that one should take for his or her wellbeing.
- 5) Practical Tips - Tips for most of the advises and how to follow them without losing direction

Few positive things that I liked about book

- The author has kept theories at minimum possible level. All those low tempo points were supported by above mentioned one of five segments.
- Being an individual and following his own regime, Ashutosh knew his limit. At many points, he recommended expert advice to follow specific task.

Only things that I disliked was font size, it was straining eyes at some points. Author and publisher can look into this for next edition.

Detailed Review link - <http://chevusread.blogspot.in/2017/06...>

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### **Anuradha Barge-Yadav says**

If I have to classify the genre of this book, I would place it between somewhere Self-help and spiritual, but yet a page turner. Usually self help books or spiritual books are good to understand but difficult to apply, which is not the case with this book. The author has described wonderfully how we perceive happiness and go after it, while it is not what makes us happy. In this world of high competition and ambitions, we have forgotten to define what we actually desire. The author also mentions a wide variety of effective tools and techniques for mental , physical and spiritual well being in a very simpler way.

Few of these tools, I have experienced myself to be very effective, for example, Pranayama - It had helped me a lot when I was preparing for government competitive exams and was under immense stress. I still continue to do pranayama for peace and patience (also for glowing skin ). The author has divided the book in 3 parts - Mental Well being, Physical Well being and Spiritual Well being, which helps in understanding in much easier way. I loved how the author have taken few ideas from Indian philosophy while explaining the functionalities of mind, body, and soul. I would say, the author has amazingly decoded use of ancient Indian

philosophy in today's world, how ancient tools like yoga etc can be implemented to have a happy healthy life in today's world. The author gives little little incidents as happiness moments which happens to us but we overlook them as happiness, how a meet with long last friend and his family can bring you joy and what I would call is time travel to your old days. You can call this book as guide of how to live happy and healthy, as the author literally has given practical tips to follow, tech traps of today's world, well being/ness story for better understanding, happiness moments which we should actually look for, And also 'Things to ponder' & "Things to do' at the end of every chapter.

The very first 'Things to do' part of this book is what I loved the most, that I have literally painted and posted on my bedroom wall , which is as follows -

- ? - Capture and value small moments of happiness every day.
- ? - Set aside an hour at least, everyday, exclusively for yourself.
- ? - Be happy with and thankful for what you have today, while working to achieve more.

The last sentence, what I feel is universal truth, dissatisfaction is the greatest reason for all the unhappiness.

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### **Eleta Williams says**

It's a very vital read. ?

In the hustle and bustle of life, in trying to make a living we have sacrificed more than our time and skill.

We have probably lost consciousness of our spiritual nature, mental wellness and physical health and fitness. For this reason even when we achieve some level of success materially happiness still eludes us.

The Happiness we seek is only achievable when we are balanced in this variety of areas, in order words we cannot sacrifice one area for another and hope to achieve happiness.

This book brings to our consciousness this fact and teaches us practically how to attain a balance in all these areas and to find our self in that happiness we all really desire.

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### **Anukriti Malik says**

I don't usually read self-help books but I picked this one up when I wanted a break from my life. The book is divided into parts which I really liked , you can pick the book anytime and read the part you want or are struggling with at the given point of time. There are three parts – Mental Wellbeing , Physical Help Being and Spiritual Wellbeing.

The language is simple and the author has carefully described the different situations that let us down and how we can stand back and be happy. The stories make it more easy and practical to understand which is another plus point.

The font, for me, was very tiny and I had to concentrate a tad bit more to read.

You can pick this one up when you want to take a break from your life and are looking for something light.

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## **Karrar says**

This book is spiritual, and the author has tried to relate the problems to spiritual solutions. These may be not a solution for everyone, however, many can relate and find them useful. The way this book has been written is affected by examples from the writer's homeland (India) and the spiritual approach appears in many parts of the book. If you don't have a previous background in meditation and yoga or spirituality, this book may add positively to your lifestyle. As a spiritual person, he has highlighted many problems which are common these days like the ego and the autopilot mode.

It puts hands on these problems and highlights their effect on our lives and how they can destruct our lifestyle and happiness. Some points mentioned related to the ego are obvious. But they are ignored and not treated. I found this book point indirectly to the being in the now as a solution for many problems. Since I tried this approach before it was helpful and life-changing. The practical tips inside each chapter were good and help to simplify the solution and how to implement them into our lives. There is a wish list in chapter two, I found it realistic and, may apply to many of us (I do not want to spoil it LOL).

Part two of this book talks about the physical health and how to improve it. I am sure many will love this part more than part one since this problem is common these days. The cover and name was nice and simple and related to the content. I found few editorial mistakes. But they were minor and do not affect the material provided. Also, I found some parts not related to the subject ,so kind of felt the reading was long and slow paced. However not all the time.

Final words :

You can say that it offers solid info and highlights many realistic issues related to us. However, it did not offer a comprehensive solution to some of them. The book was easy to read and you can finish it in one day. Because the language is simple and the way the book written make it fast-paced. You will find many answers. It will help you find the problem and offer you some help. But if you want a more thorough solution, you can refer to other sources that the author has quoted.

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## **Sheetal Maurya - Godse (Halo of Books) says**

Living in the modern world when our day starts with rush and end with a rush, we hardly take an effort to understand our self. The result, we are surrounded with various diseases in spite of living the most comfortable life. There are handful people who heard this call on time but what about us? When will start living a healthy life? This book deals with all these aspects of our modern life.

You may read this review here <http://www.haloofbooks.com/happiness-...>

### **Summary:**

The author of this book has a successful career in banking and while tackling with the tight schedule he was lucky to realize the importance of health. Through this book, he has tried to presents all the techniques and tips which he has accumulated over the span of a decade.

This book is divided into three section Mind, body, and soul. These are three main elements of our appearance, thought process, success, life, and health.

Further, these section divides into sub-section where he first started about the problem, its causes and how can we tackle it. The sections are beautifully adorned with topics like tech traps, happiness moment, practical

tips and most impressive Smart well-being capsule (SWC). We met various SWC throughout the book.

In mind section, he has focused to tell why our mind is restless? Why it behaves like a monkey? How can we trap this monkey? Which techniques can calm our mind? How can we concentrate more on something? How can we attain the first step of well-being by preparing our mind in a positive way?

The second section is about the body, which is responsible for appearance. The author has interestingly written about what you should eat to make your body healthy? When should you start taking care of your body? Why should you take care of your body? Why does exercise fail? How can you add a healthy regimen in your day-to-day life? Here again, he has given some truly practical tips which are really helpful to all of us.

The last section dedicates to the inner well-being i.e. to find the inner happiness and recognizing the soul. This is the last yet superior attainment of well-being which can be gain only through patience and dedication. This is the most beautiful section. The author has beautifully written about the soul and why it is important to find inner happiness to be content in life? Which technique should you follow? How sometimes spiritual healing works wonder?

With these three sections, the author has presented the whole formula of happiness.

#### **My perception:**

Recently my fiancé suffered from high acidity, which altered into panic disorder. He has always been a healthy eater with a regular regime of exercise but the unexpected tension and no home cooked food take a toll on his health. It took more than a week to stabilize his condition. So, this book literally came in my hand on a right time. I have already told him various tips of this book to regain his health. Coming to this book, I really feel lucky to read this book. This book is very professionally written and you can see the dedication of the author from the first page. There are many techniques mention in the book, which I already know but do not feel the importance to implement in my life. This book is a perfect reminder to give some attention to our well-being and health. I highly recommend this book to everyone who wants to live a healthy life. A must read!

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#### **Archie says**

A self-help book that is really engaging. The author has discussed the problems everyone faces at some point in life and demonstrated the ways we can overcome these obstacles. The book motivates the readers to get on with their lives cheerfully. The writing style is fluid.

Recommended reading.

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#### **Lilly Charysma says**

I am not a big fan of self-help books. My first attempt at this genre was with a book so popular a few years ago! It was everywhere, in mass-media, on TV, literary everywhere. I read it and I ended up being so disappointed and even offended (what is the author doing? Manipulating?). So I stopped, until I started this blog and was lucky to discover one author from whose book I've learned a lot.

Now, reviewing my third one, I am so happy I have not given up because „Happiness Is All We Want” by Ashutosh Mishra is extremely useful. It is a good book if you need something to pick you up and give you some direction, it has great advices, great examples and has the proper „voice” to give you an impulse.

The book is divided into three parts that are meant to cover all aspects of wellbeing: mental, physical and spiritual. All these parts are accompanied by stories and tips on how to accomplish happiness on these levels and also how to stick with the plan. For me, all these were very useful, especially because I am starting new things and I need to keep my spirits up. So I could not have come at a better moment!

Whether you are facing challenging times or a life altering decision, Ashutosh Mishra’s book is great to read. But even if this is not the case, „Happiness Is All We Want” is a great experience and will shed light on many items. There is always something to improve in our lives and in ourselves and this book is perfect for that as well. I do hope you will give it a try. Because of some formatting issues, I will go with 4 stars, but from a content point of view, I am all in! Enjoy ?

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### **Onaiza Khan says**

I really did not think that I was going to like this book because I usually never like self-help books but this book is actually very interesting and engaging. It's not a rambling about what you should do and what you're capable of, instead, it is a practical approach towards making your life better.

The three sections of mind, body, and soul address the day to day issues and suggest practical solutions to them. Anyone can use and enjoy this book. The writing style is simple, engaging and straightforward, the entire book reads like a good, healthy conversation. Although I already had some knowledge of the topics tackled, I did learn a lot of new things.

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### **Vidhya Thakkar says**

This book is self-help book that is divided into three parts, Physical wellbeing, Mental wellbeing, Spiritual wellbeing. The author has described very well about how we can find happiness even in bad circumstances, how we have to deal with different situations and be happy. There are various scenarios described by the author where he guides on how we will find happiness. Adding stories gave this book a new shape as you won't find it boring. We can easily connect to this book from wherever we start. This book deals with various aspects of modern life. How we can start a healthy life in this chaos. There are many theories and techniques that author has shared which is helpful to improve our lives and find happiness. It's all about self-esteem, confidence, self-love, and happiness.

Another thing I liked is Simple language. the author has written very effectively and in simple language that one can connect to the book Instantly. It's more of a practical book that deals with our day to day difficulties that we face.

It's my first self-help read and I loved it. The only thing that I disliked is font size. It was really difficult to read but it was worth a read.

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## **Sharang Limaye says**

Got this through Just Books' Giveaways. Took me way longer to finish than had expected. Left me mildly irritated at the smugness with which the author tells us what to do with our lives. Completely lacking in insights, 'HIAWW' falls in the category of books written under the misconception of having something original to say. Mishra's take on various topics, from physical well-being to spiritual pursuits, is superficial at best, blatantly wrong at the worst (As a sample, read his supremely misleading interpretation of the Hindu concept of selflessness, which he confuses with philanthropy.) And what's with the gratuitous (and erroneous) use of commas throughout? A large, part of, this book is, filled with, sentences such as, the one you, just read. Comma-diarrhea, eh?

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## **Shivangi says**

### **Happiness Is All We Want – ASHUTOSH MISHRA**

I have never completed reading a self-help book this fast, I think this book relates with every individual out there...in different stages and aspects of life.

“Today, we are leading our lives in mindless pursuit, unable even to articulate what we are pursuing. We are unhappy even after achieving what we desire. Happiness is all we want!” – the author have done a great job in telling how this happens in our everyday life, this book presents life as it actually is and rather than the preaching and giving sermons tell you how little effort can change the way we deal with day to day life thus changing the overall picture.

The book is divided in three parts, covering numerous attributes of physical, mental and spiritual state of humans, serves different practical tools and techniques to attain peace and happiness in a wholesome way and towards the end it seamlessly combines the three - physical, mental and the spiritual wellness as a way out of the conundrum.

A big applaud to the author for the way he have penned the biggest of things in life, and make it seem like a cake walk with the well needed practical tools.

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