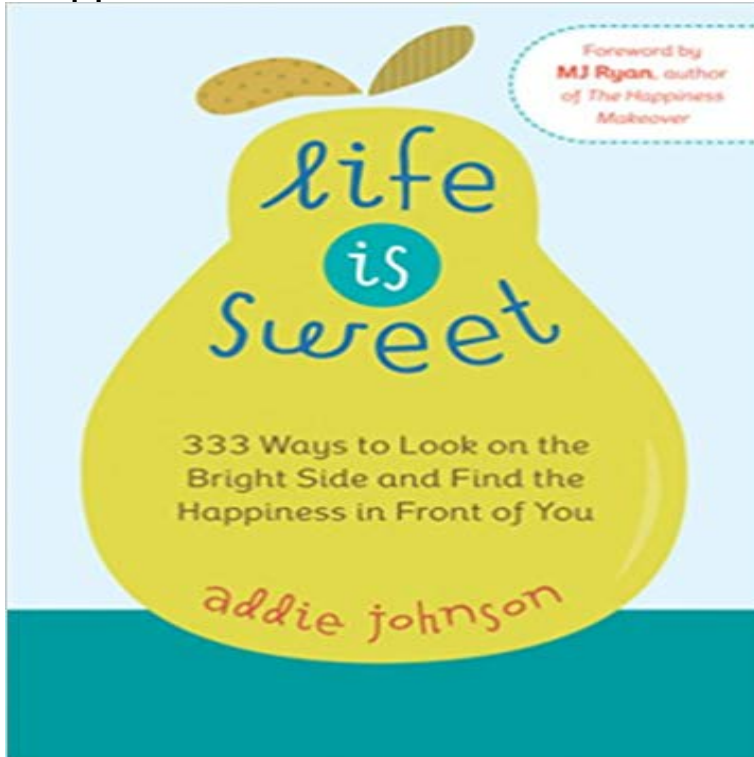


Life is Sweet: 333 Ways to Look on the Bright Side and Find the Happiness in Front of You



From Harvard classrooms to your grandmas kitchen table everybody is getting on the look on the brightside bandwagon. If you need to know, theres a ton of medical research to back it up, but people who appreciate where their bread is buttered and how sweet the jam on their toast iswell theyre healthier, they live longer, theyre usually more successfulalthough they may not define success as having the most marbles, and for sure other people want to spend more time around them. Addie Johnson calls Life Is Sweet her scrapbook, in which shes gathered stories that struck herthings that made her happy in the seeing or experience and in the remembering. And bits shes read. And quotes. People, stories, kids and animals, stuff/no stuff (aka all or nothing), achievements achieved and unpleasant tasks done, laughing (snickering, giggling, guffawing, wetting your pants) health or progress toward it-all are fodder for happiness. Life is sweet and creamyyes your life and yours and yours and yours--if you just look at whats in front of your face.

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