



## **A Big Happy Life... and how you can have one too!**

*Mike L. Fry*

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# A Big Happy Life... and how you can have one too!

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## **A Big Happy Life... and how you can have one too!** Mike L. Fry

Do you want to live a happy life? If you answered NO to this question, stop reading. This is NOT the book for you. If you answered YES, then I can't wait to share some tips, tricks and tools to live a happier life, today, and every day. We promise we'll even have some fun along the way. What's in this book? In an increasingly challenging world, many people are reevaluating their lives, looking for meaning and fulfillment beyond tangible rewards. Perhaps you, too, have paused to see how you can improve your mood, health and wellness and find more satisfaction in your job. If so, we believe you'll find lots of ideas here to color your life in brighter shades of joy. In fact, we offer 187 ways to experience more fun and delight—we did the math so you don't have to. **Why You Should Take Happiness Advice From A Clown.** Because clowns know happy. Their whole job description is to make people smile and laugh, to transform sadness. Clowns are in the joy business. Most of his life people have laughed at Mike Fry. First as a class clown, then while attending Clown College and performing in Ringling Brothers Barnum & Bailey Circus. That led to eight years as the star and writer of his own nationally syndicated children's TV show, Happy's Place. (Anyone who truly enjoys entertaining a hundred rowdy kids for several hours every day must develop a joyful soul.) Producing his TV show, Mike also learned managerial and business skills, which allowed him to branch out into inventing toys and fantastically fun food products. Donning his silly entrepreneur's hat, Mike figured out how to integrate humor into his business life and how to create and sustain joy in his workplace. After founding several successful businesses, Mike hit the road to share what he had learned and teach others how to bring more happiness into their lives. Take a joyful leap with us—for as long as you're reading this book, suspend disbelief and accept happiness as your choice—all day, every day.

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