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内容简介

It's time to get happy! All around the world, people find ways to make sense of their lives and environments, little secrets to making life easier and more enjoyable. Like letting go of the little things at the Lantern Festival in Thailand. Or learning to accept transience by making sand mandalas in Tibet. Break out of your own bubble with the Italian tradition of passeggiata, or celebrate the fruit of your labour like the Barbadians at the exhilarating Crop Over festival. Happy brings these cultural secrets together and shows you how to apply them at home to bring a little bit of lightness to your day. And your life!

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