



15 Things You Should Give Up to Be Happy: An Inspiring Guide to Discovering Effortless Joy

By Luminita D. Saviuc

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Based on a phenomenally popular blog post, a simple and counterintuitive approach to finding true joy

When PurposeFairy.com founder Luminita Saviuc posted a list of things to let go in order to be happy, she had no idea that it would go viral, shared more than 1.2 million times and counting. Based on that inspiring post, this heartfelt book gives readers permission to give up--that is, to let go of the bad habits that are holding them back from achieving authentic happiness and living their best lives. Lessons include:

- Give Up the Past
- Give Up Your Limiting Beliefs
- Give Up Blaming Others
- Give Up the Need to Always Be Right
- Give Up Labels
- Give Up Attachment

Simple yet wise, and informed by the author's own inspiring personal journey, this liberating little book presents a fresh twist on happiness advice: **take a step back to reflect, and give yourself permission to let things go.**

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Editorial Review

Review

“Luminita's wisdom radiates from her soul. Her writing, peppered with personal stories, quotes and insights have inspired millions. Which is why some of her posts have become among the most shared personal growth content in Facebook history. This book expands upon her ideas and teaches people how to capture that elusive things we all want most in life - happiness.”

--Vishen Lakhiani, founder and CEO of Mindvalley

About the Author

LUMINITA DANIELA SAVIUC is the creator of PurposeFairy.com, a popular blog with a large and active social media following. Until recently, she also held the role of product development lead at Mindvalley, one of the largest online publishers of personal development content in the world.

Users Review

From reader reviews:

Clyde Welch:

In this 21st one hundred year, people become competitive in most way. By being competitive today, people have do something to make these people survives, being in the middle of the particular crowded place and notice by surrounding. One thing that at times many people have underestimated the idea for a while is reading. That's why, by reading a book your ability to survive increase then having chance to remain than other is high. To suit your needs who want to start reading some sort of book, we give you this 15 Things You Should Give Up to Be Happy: An Inspiring Guide to Discovering Effortless Joy book as beginner and daily reading e-book. Why, because this book is more than just a book.

Bernard Walker:

Information is provisions for people to get better life, information nowadays can get by anyone with everywhere. The information can be a information or any news even a problem. What people must be consider whenever those information which is from the former life are hard to be find than now's taking seriously which one is appropriate to believe or which one the resource are convinced. If you get the unstable resource then you buy it as your main information there will be huge disadvantage for you. All those possibilities will not happen with you if you take 15 Things You Should Give Up to Be Happy: An Inspiring Guide to Discovering Effortless Joy as your daily resource information.

James Ritchey:

The particular book 15 Things You Should Give Up to Be Happy: An Inspiring Guide to Discovering Effortless Joy has a lot associated with on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. The author makes some research before write this book. This specific

book very easy to read you can find the point easily after reading this book.

Fred Peterson:

That book can make you to feel relax. This particular book 15 Things You Should Give Up to Be Happy: An Inspiring Guide to Discovering Effortless Joy was colourful and of course has pictures on there. As we know that book 15 Things You Should Give Up to Be Happy: An Inspiring Guide to Discovering Effortless Joy has many kinds or style. Start from kids until youngsters. For example Naruto or Private investigator Conan you can read and think you are the character on there. Therefore , not at all of book are make you bored, any it makes you feel happy, fun and chill out. Try to choose the best book for you and try to like reading that.

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