



# **My Ride to Happyland: Know. Be. Have. And do.**

## **A most practical guide to happy living**

*M.N. David*

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**My Ride to Happyland: Know. Be. Have. And do. A most practical guide to happy living** M.N. David  
It's bad enough to be unhappy but it's even more annoying when you can't find an answer to "why am I so unhappy?"

For years, the author struggled with constant unhappiness despite looking fine on the outside. In public he seemed to have a happy life but he couldn't figure out why he would always feel sad in private.

That was until he discovered what would end up helping him as well as several others who were going through similar amorphous unhappiness.

As he discovered, and as outlined in the book, to conquer unhappiness, one needs to know, be, have, and/or do something. And that "something" is usually not a big thing, as explained in this book.

The book therefore is inspired by the author's experience with near-depression struggle with unhappiness as well as his extensive interaction with people who struggled like him.

Simple, practical, and real-life, the solutions suggested in this book have worked and are working in his life and the lives of those with whom he has shared them.

Among others, the book explores the following:

- Is happiness simply a choice?
- I am a nice person; why don't I have friends?
- How to be free from your past
- The need to invest in your own well-being and development
- The need to express your own uniqueness and identity

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