



# 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:**

##### **Blair Kennedy:**

Now a day those who Living in the era where everything reachable by connect to the internet and the resources within it can be true or not require people to be aware of each details they get. How people have to be smart in getting any information nowadays? Of course the reply is reading a book. Reading a book can help men and women out of this uncertainty Information specifically this 15 Things You Should Give Up to Be Happy: An Inspiring Guide to Discovering Effortless Joy book because this book offers you rich information and knowledge. Of course the info in this book hundred % guarantees there is no doubt in it you know.

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In this age globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher in which print many kinds of book. The particular book that recommended for your requirements is 15 Things You Should Give Up to Be Happy: An Inspiring Guide to Discovering Effortless Joy this publication consist a lot of the information on the condition of this world now. This kind of book was represented so why is the world has grown up. The terminology styles that writer use for explain it is easy to understand. The actual writer made some analysis when he makes this book. Here is why this book appropriate all of you.

##### **Graham Ayala:**

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