



The Happiness Recipe

A Powerful Guide to Living What Matters

by Rebecca C Morrison



Non-Fiction - Self Help

197 Pages

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Book Review

Reviewed by Edith Wairimu for Readers' Favorite

The Happiness Recipe: A Powerful Guide to Living What Matters by Rebecca C Morrison offers practical techniques to identify and take steps to live a happy, fulfilling life. A happiness coach whose career in finance and law extended for over twenty years, Morrison can relate to the everyday struggles of balancing expectations, responsibilities, and leisure activities that many people face. The book identifies three types of gaps that create hurdles for people who want to live happy, easy lives: the authenticity gap, the emotional energy gap, and the physical energy gap. The authenticity gap occurs when one is not able to identify and own their priorities. The emotional energy gap exists when old beliefs and perceptions become obstacles to getting where we want to be and the physical energy gap occurs when how we spend time does not match our goals.

While the idea of living a happy life has been linked to making drastic changes such as giving up one's job and living a reclusive lifestyle or traveling, which for most people is unrealistic, I loved that the tools discussed in The Happiness Recipe are accessible and easily actionable for anyone regardless of their situation or lifestyle. The book breaks down the challenges that stand in the way of living a life of happiness into lucid concepts that form the foundation for the book's content. The gaps are well explained and tools to address each of them are included. The discussions are coherent and the language used is easy to understand. Action steps are separated by font and color from the rest of the text which makes it easy to identify and recall them. The Happiness Recipe by Rebecca C Morrison shares key, accessible tools for living a happy life.