



Happiness the Jewish Way: A Practical Guide to Happiness through the Lens of Jewish Wisdom

Olga Gilburd

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Happiness the Jewish Way is an easy-to-follow guide to lasting happiness. It offers practical tips sprinkled with witty tales, jokes and quotes from philosophers, scientists, rabbis and comedians. It will help readers of all backgrounds cultivate such traits as self-esteem, positive attitude, and resilience. With clarity and humor, Olga Gilburd shows the path to becoming the master of your happiness, and offers an interesting, inspiring and sometimes surprising insight into the Jewish culture along the way. This is a great self-improvement book for you and it makes a thoughtful gift for any occasion. "If happiness is an art, then Olga has mastered it. A perfectly easy guide to living a happy life." - Sabina Singer, MA, life coach, motivational speaker "The writing is wonderful. There is no lecturing or preaching. On the contrary, Gilburd constantly boosts the readers' self-esteem, turning our mistakes and flaws into reasons to move forward and improve. It definitely takes effort, but aren't our joy and happiness worth it?" - Sofia Kastritsa

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