

HAPPINESS IS...

200 ways to be creative



Lisa Swerling & Ralph Lazar

happiness is ...

200 ways to be creative

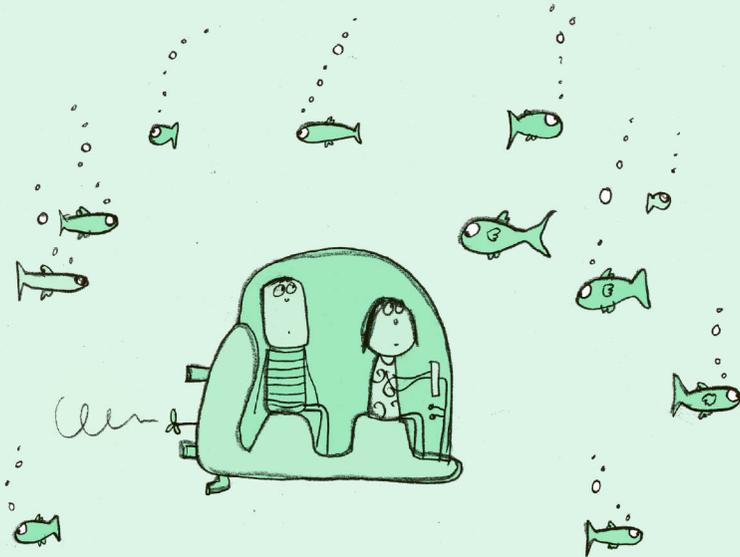


Lisa Swerling & Ralph Lazar



CHRONICLE BOOKS
SAN FRANCISCO

a different viewpoint



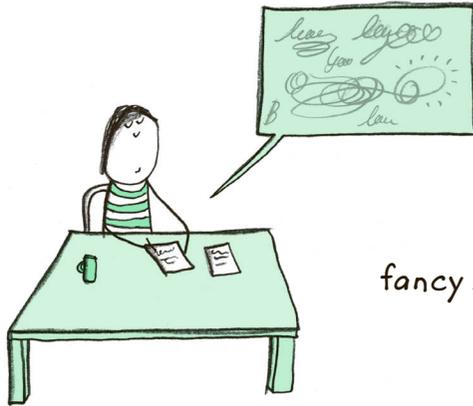


being handy with tools

ZYXWVUTS...



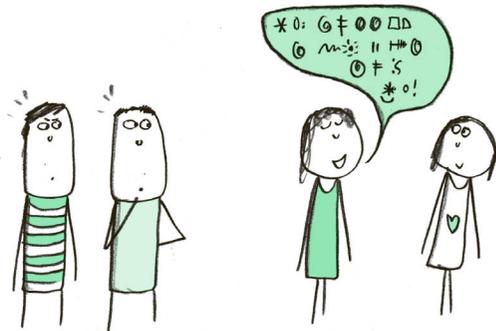
doing things your own way



fancy handwriting

working
together





finding new ways to express
your ideas

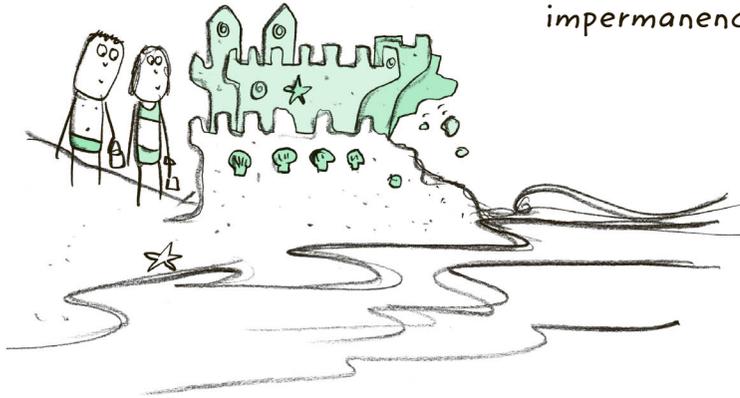


free-flowing thoughts

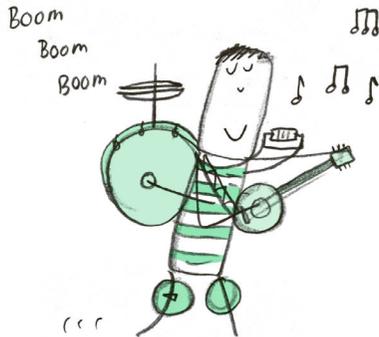


embracing your style

accepting
impermanence



marching to your
own beat



tall tales



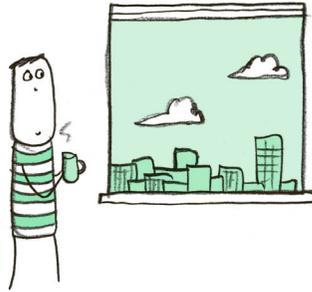
a group of like-minded friends



decorative flair



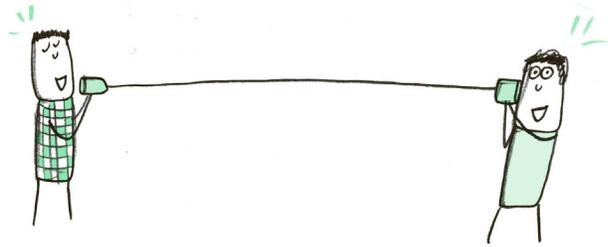
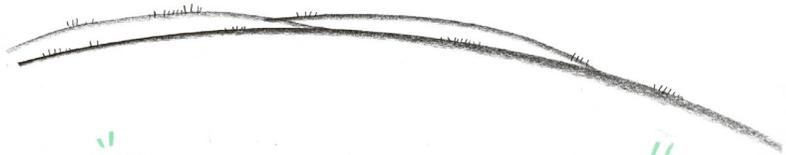
*turning off your
computer*





a quiet place

blogging



doing things the old-fashioned way



comic improv

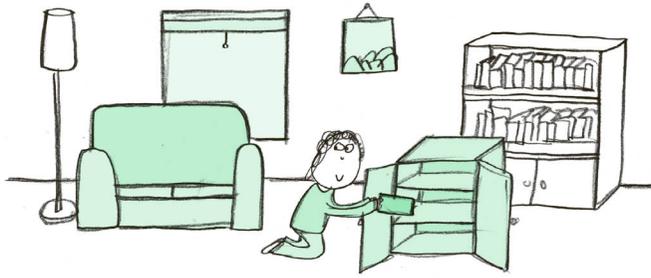
There was a young man
from Bengal...



being silly



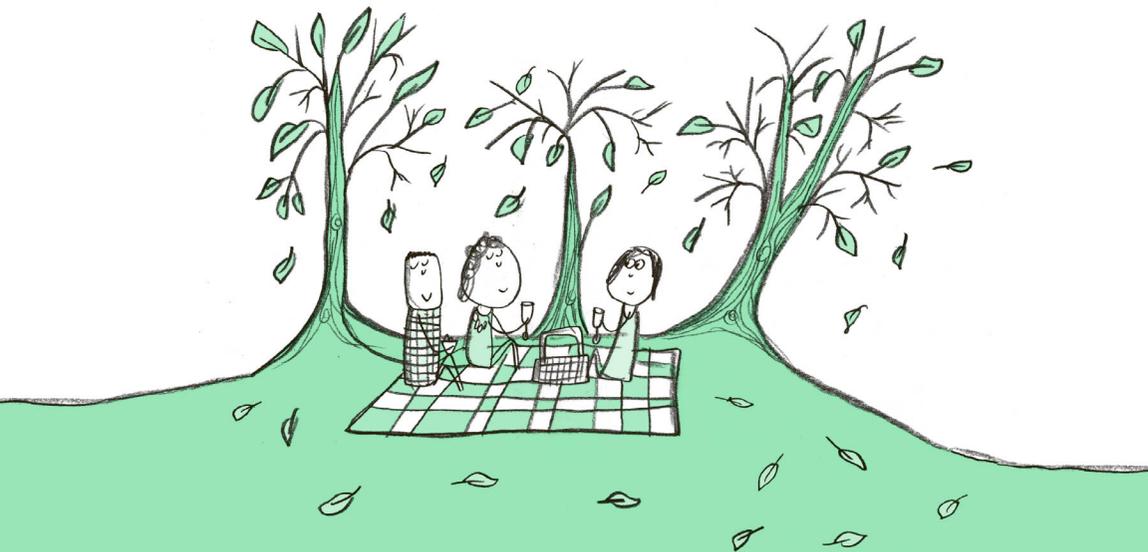
seeing life as art



a complicated scavenger hunt



investing in your talent



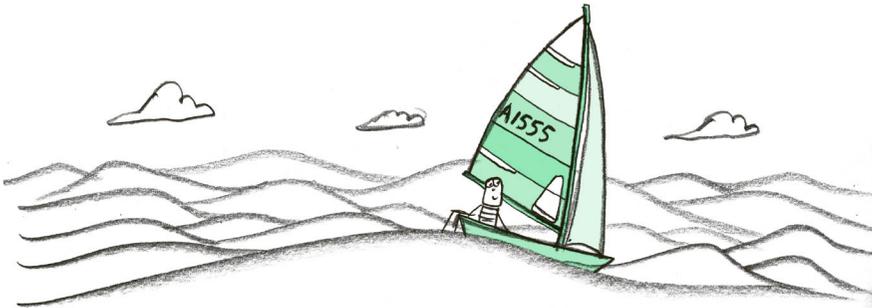
an out-of-season picnic



the first page of a blank book



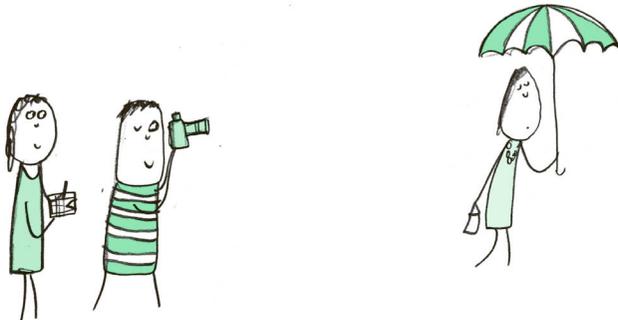
being the best at something



getting some perspective



turning heads



documenting real life

cultural immersion





teaching someone
a new skill



a new obsession

jotting down ideas



cooking by taste



appreciating simplicity





perfecting
a routine



finding beauty in the everyday

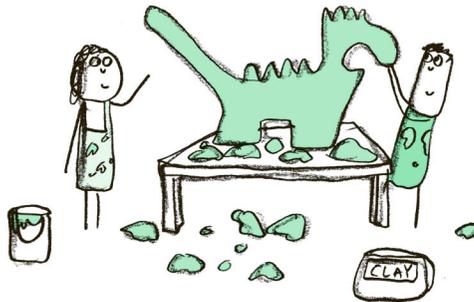


a thorough reorganization



letting it all
hang out

playing with
your materials





using what you have



*getting your
groove on*



pure originality



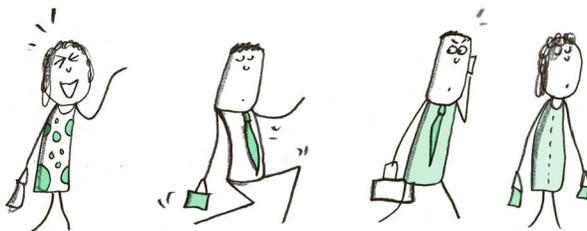
unapologetic positivity



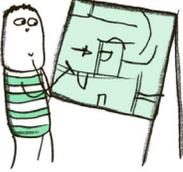
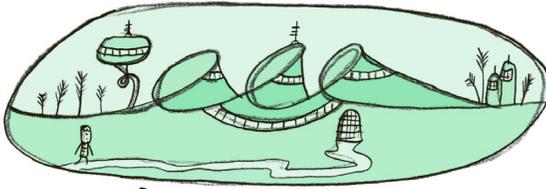
finishing what
you started



watching a movie on mute and
recreating the dialogue



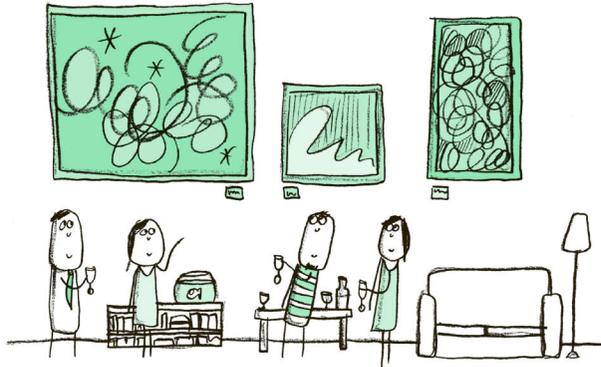
inventing a silly walk



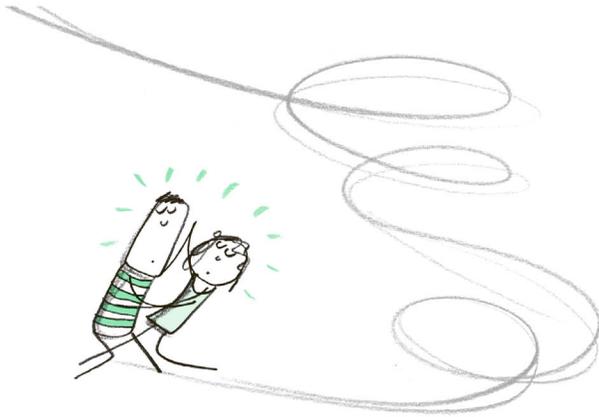
dreaming of
the future



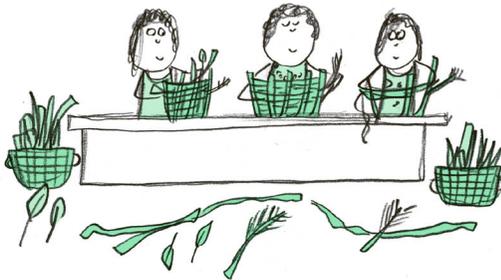
improvising



having confidence in your opinions



focusing on
technique



learning from other cultures

concentrating
on the details



making something to share



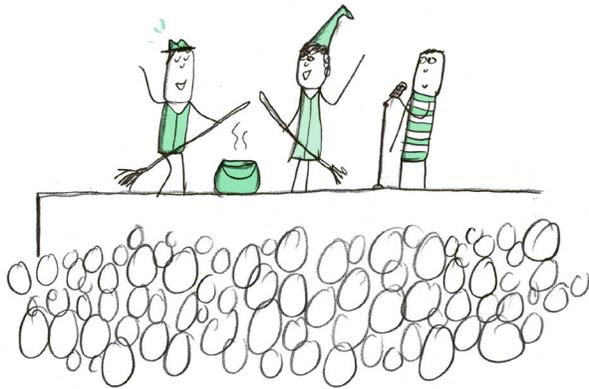
a successful
partnership

being your
own person



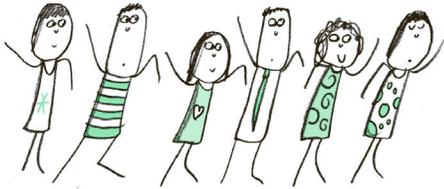


slowing down

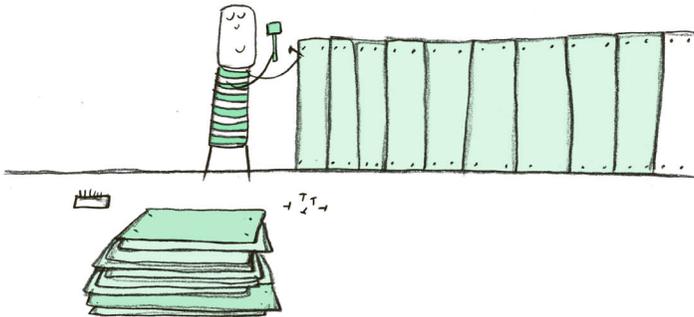


enthusiastic amateurs

teamwork



getting started



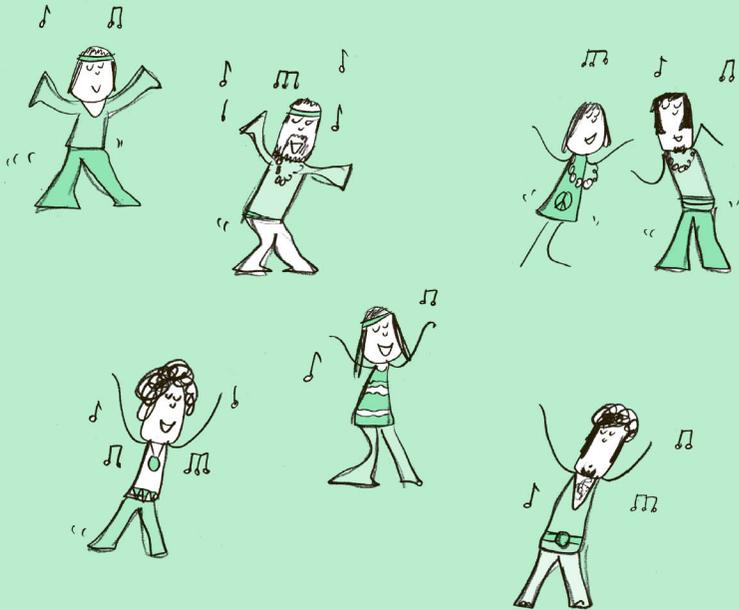
working with your hands

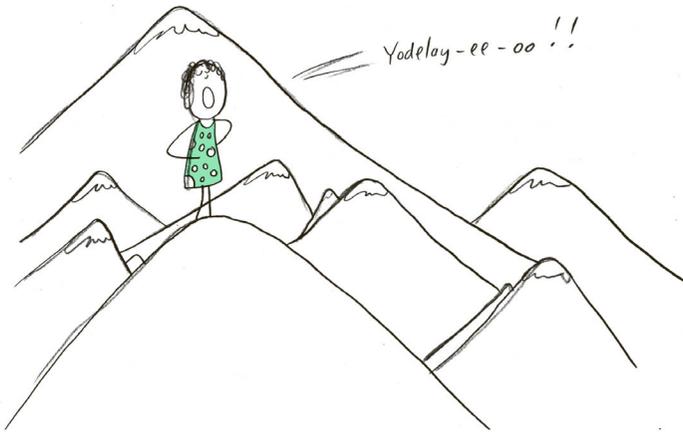


a restorative catnap

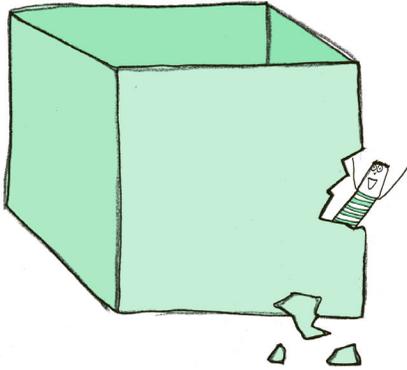


reliving the good old days





enjoying your own company



busting out

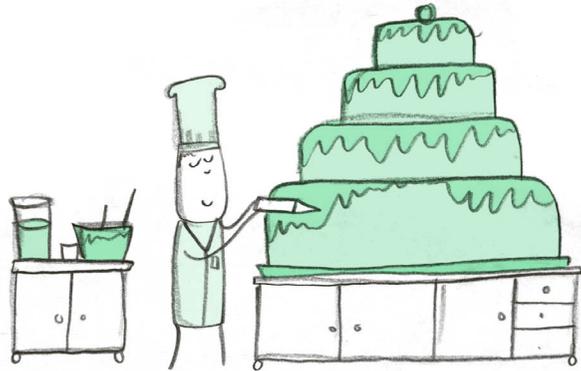
being immersed
in the moment

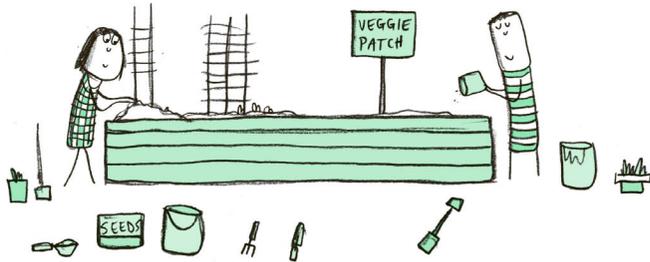




doing something you've
been putting off

the pursuit of
excellence





getting your hands dirty

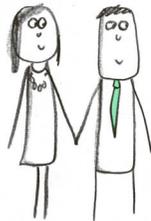


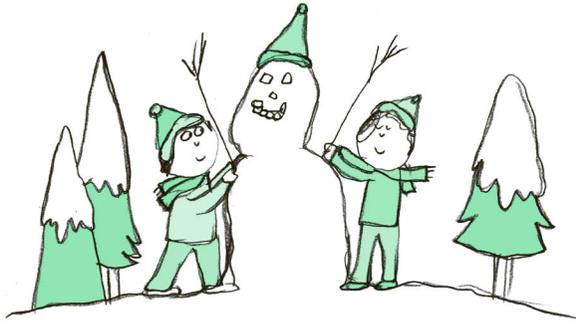
new experiences



fixing up rather than
throwing out

knowing you
look fabulous





making the most of the weather



alone time

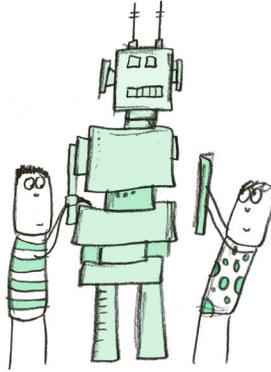
recharging
your batteries



making something
from scratch



starting over



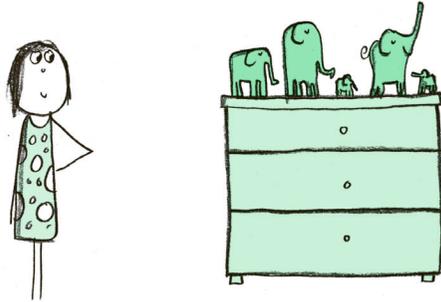
building something out of boxes



a special card

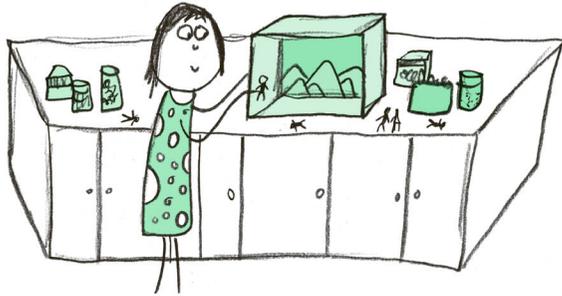
burning the midnight oil





a new collection

playing with
scale

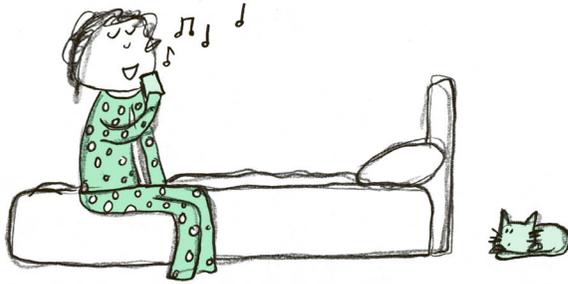




ignoring the rules



the perfect solution



recording a great idea before you
forget it



listening

taking ten deep breaths



an ambitious project



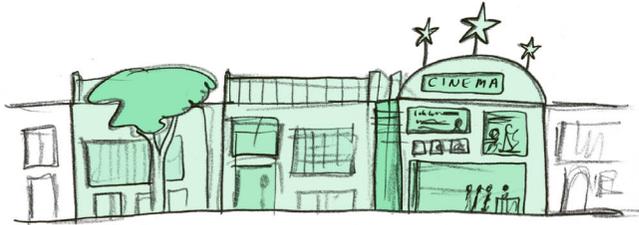
being brave



working hard



writing yourself
a love letter



popular culture



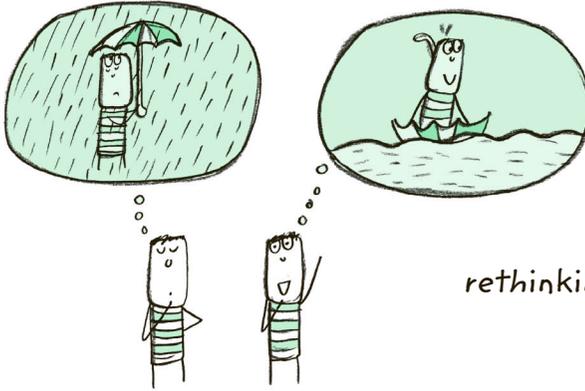
dancing along to your own tune

surrounding yourself with smart,
open-minded people

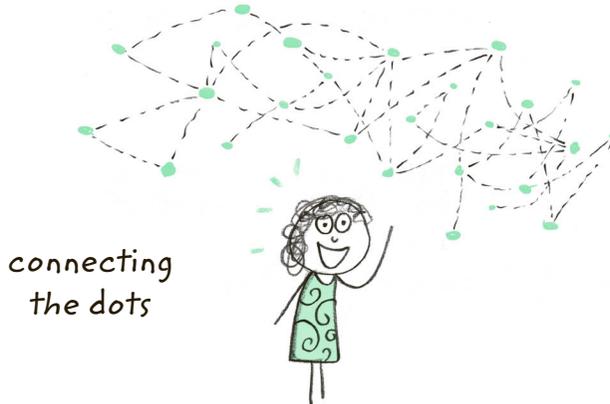


being asymmetric

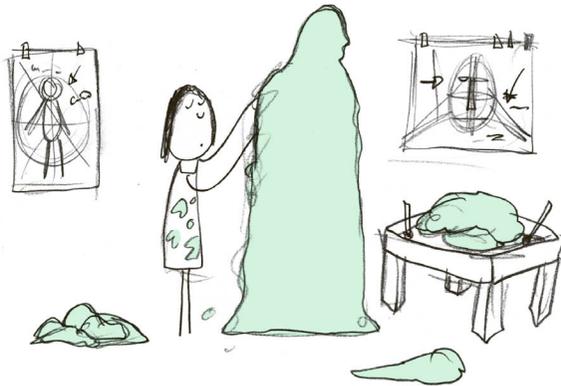




rethinking problems



connecting
the dots



taking your goals seriously



crafting with friends

a change of environment





contagious positive
energy



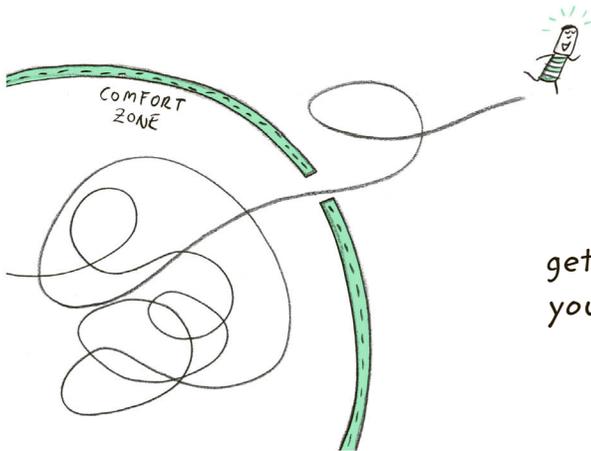
homemade party accessories

making
time to dream



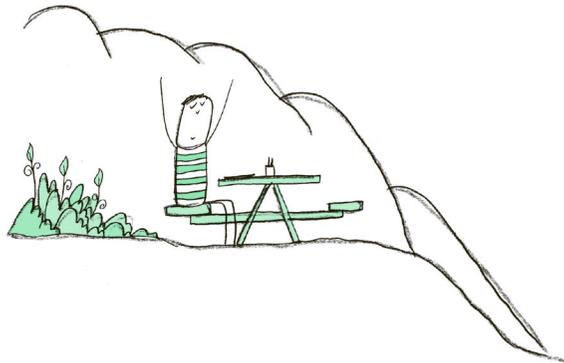
taking a
well-deserved break

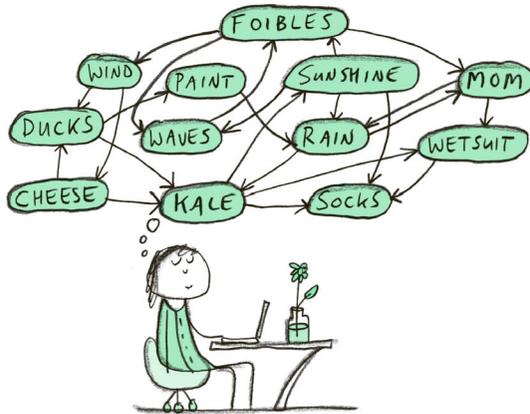




getting out of
your comfort
zone

a "reset"
moment



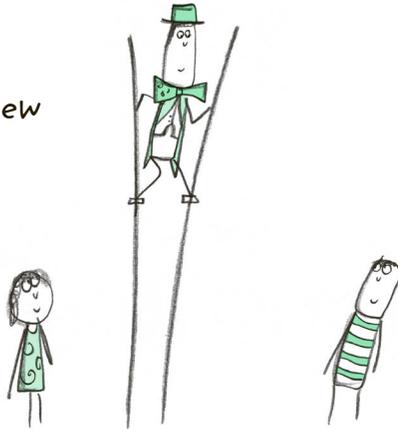


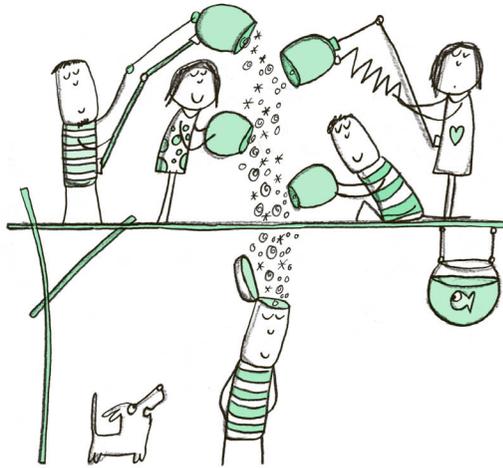
brainstorming

ignoring practicality

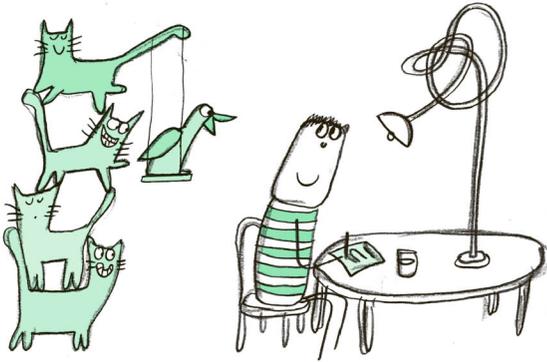


a unique point of view





being open to new ideas



enjoying the
unexpected

not taking yourself
too seriously



the time on the other side of the
of the window the sun was
free with a white light in the
the sun in the window and the
the sun in the window and the
the sun in the window and the



a well-told story

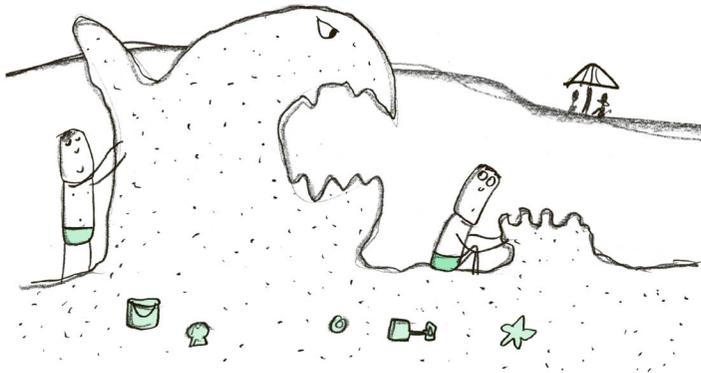
taking a class



curiosity



creating space



thinking big

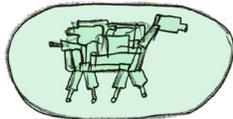
following a stranger's
advice



letting your mind wander

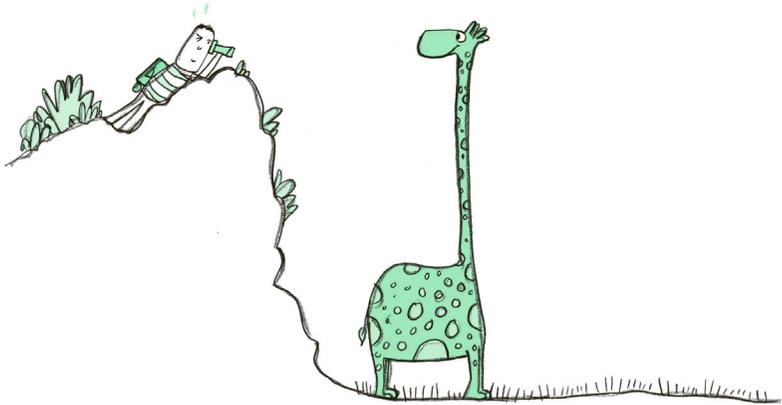


experimenting



re-purposing





close observation

becoming a
beginner again

WIND
CLASS



seeing the world through
new lenses



a new configuration



accepting change



mixing, not matching

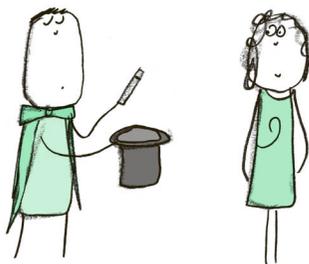
*more than the
sum of its parts*



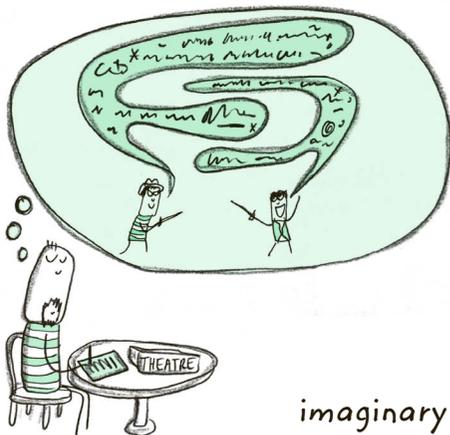
trying anything
once



creating a beautiful environment



learning
a new trick



imaginary conversations



letting kids
lead the way

a new style





contributing to
a good cause



smushing all the
colors together

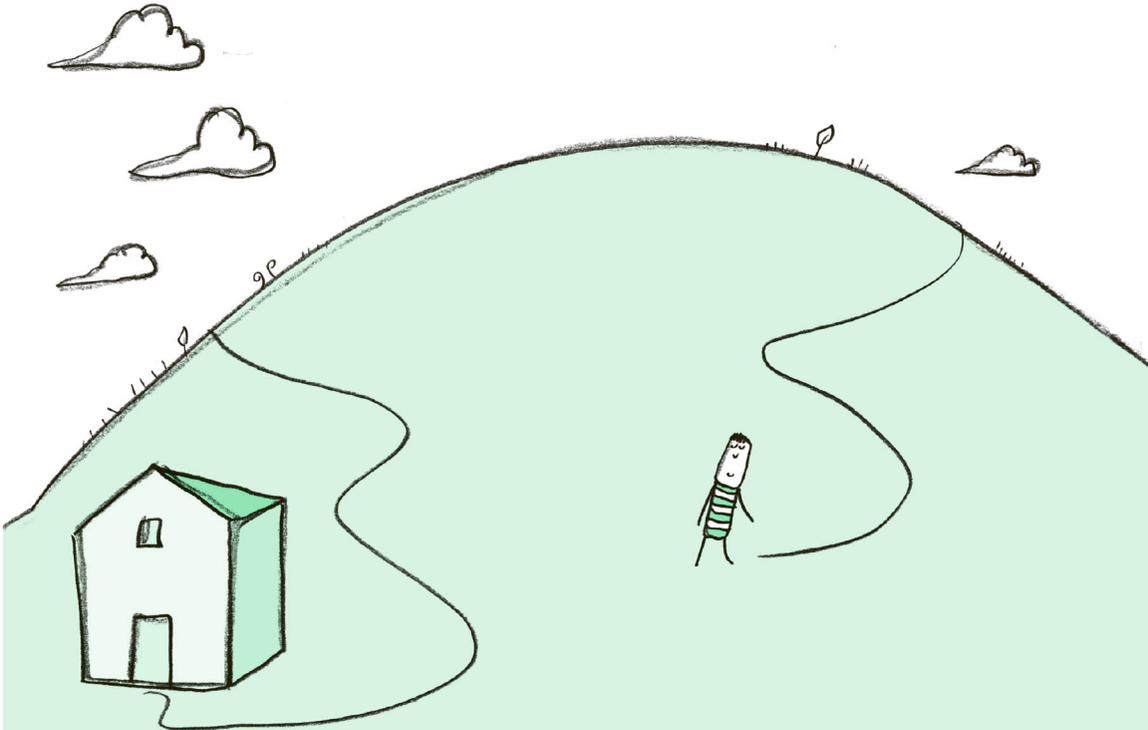


creating something new from
something old



embracing every
moment

clearing your head



getting carried away



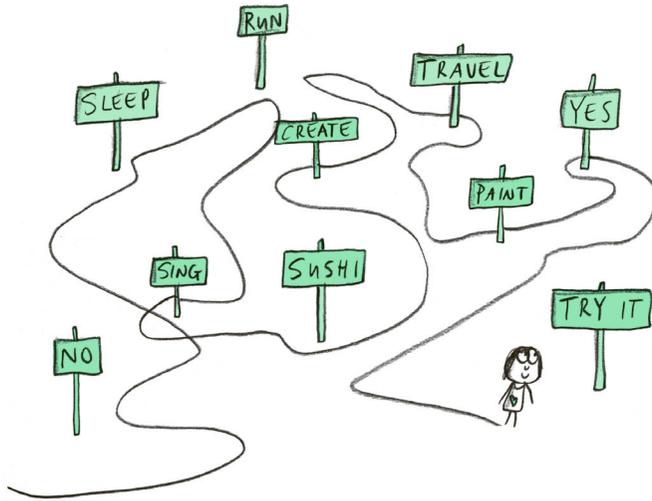
when inspiration strikes



turning your wardrobe
into a work of art

taking the lead

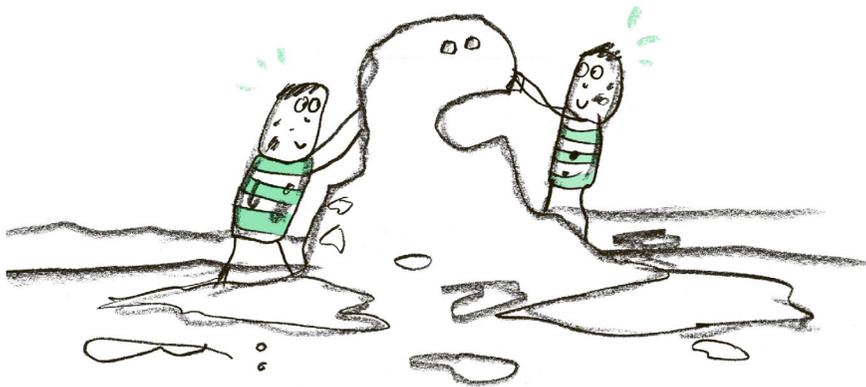




working with distractions



living by your own rules

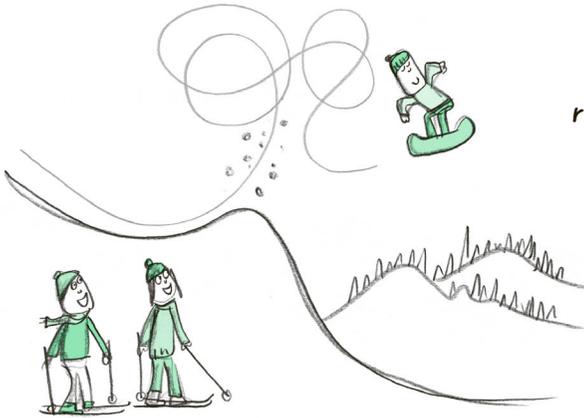


getting messy

decluttering



risk-taking



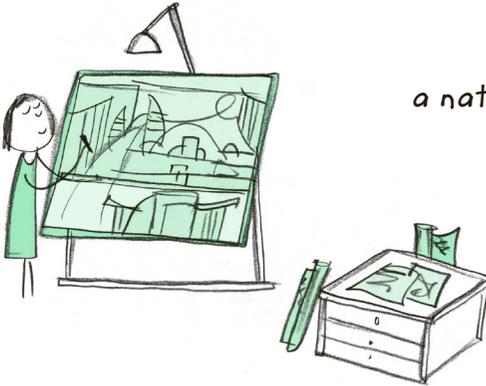


an inspiring partner

$$\begin{aligned}
 & \frac{4365}{4365} \times \frac{1}{100} + \left(\frac{64}{100} + \sum \frac{1}{2x} \right)^{\frac{1}{4}} \\
 & \frac{64n}{100} + \frac{64+81}{12} \\
 & = \frac{432 \left(\frac{r^2}{\beta^2} \right) \left(\frac{r^2-64n}{\beta} \right) + 48}{\beta} \\
 & + \left(\frac{22}{67} \right)^{\frac{1}{2}n} + 63n \\
 & = 64n^2 / \beta^2
 \end{aligned}$$



working it out for yourself

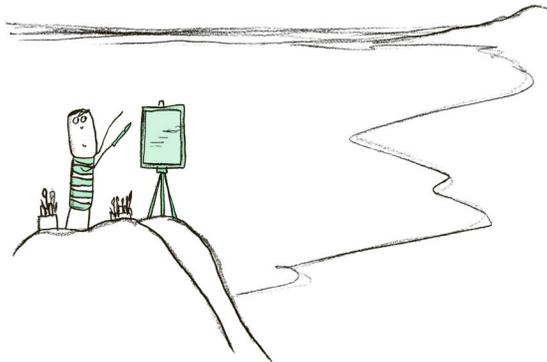


a natural talent

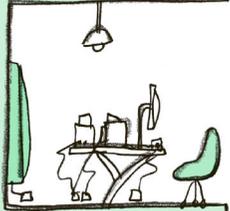


planning
something epic

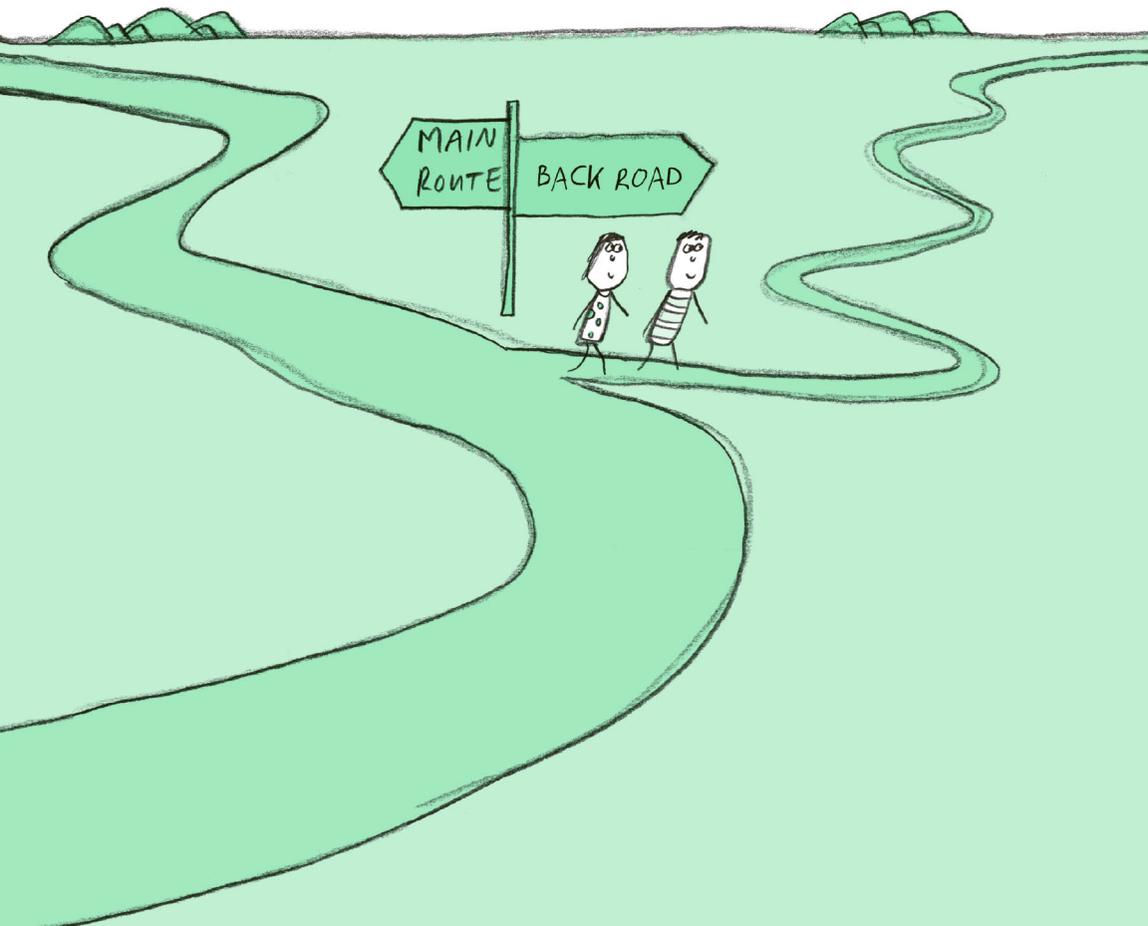
taking inspiration
from nature



unplugging



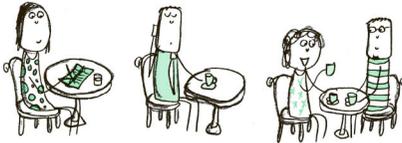
taking the road less traveled



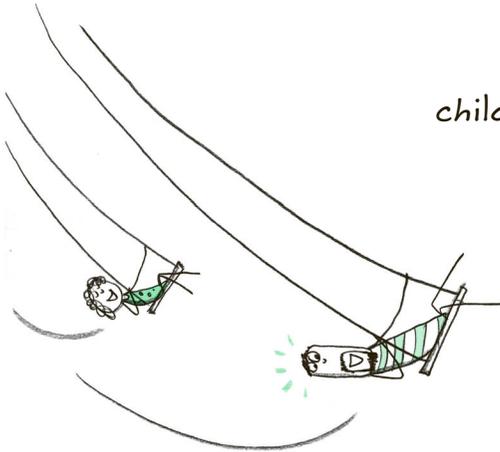
turning dreams into reality



a travel journal

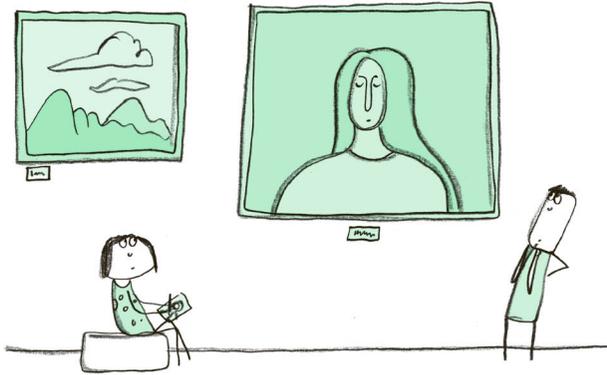


childlike spontaneity



making something in
your downtime





learning from the greats

brand new
art materials





doing a small job well

doodling





going off the beaten track

seeing life as exploration





thinking out of the box



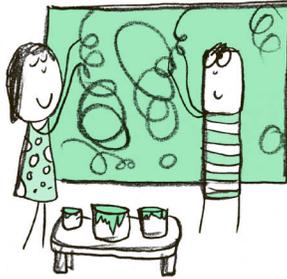
being awesome

drawing in the margins



practicing till it's
perfect





channeling your inner child

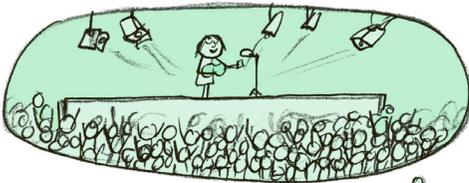


internet inspiration



taking an idea to its limit

self-expression



remembering that
anything is possible

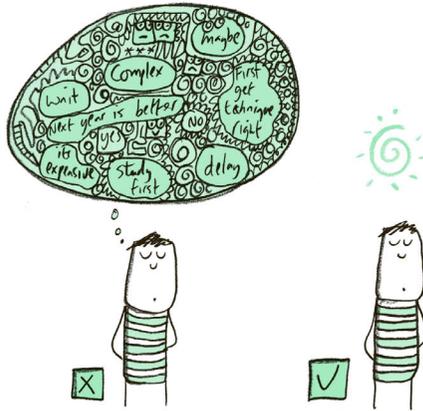




persistence rewarded



sweet collaboration

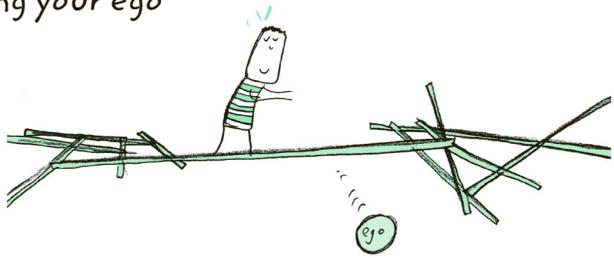


simplifying

noticing small details



ditching your ego





taking every project seriously

a reading
marathon



a homemade garment



balancing risk
and reward



stream of
consciousness

new hobbies



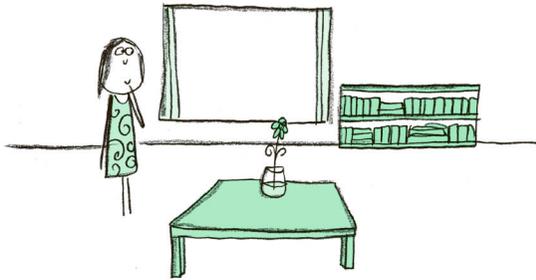
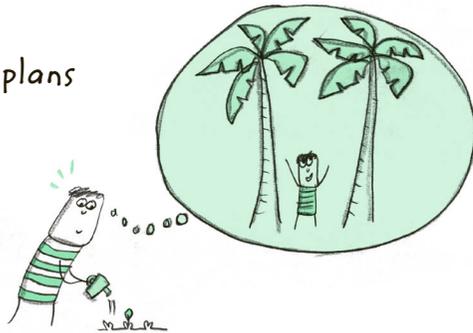
diving deep into
your thoughts





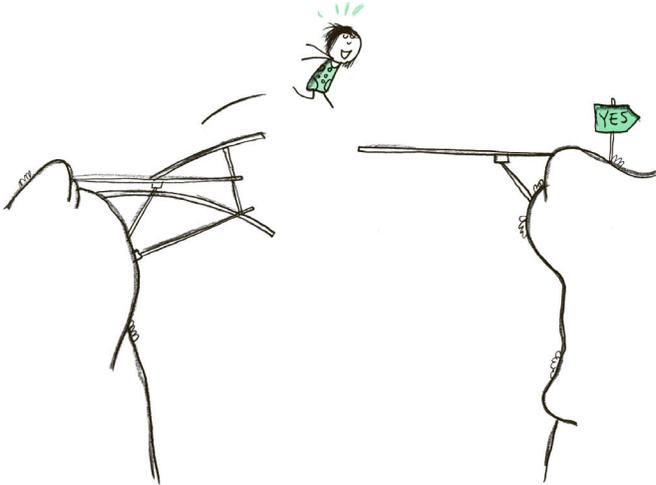
making something just for fun

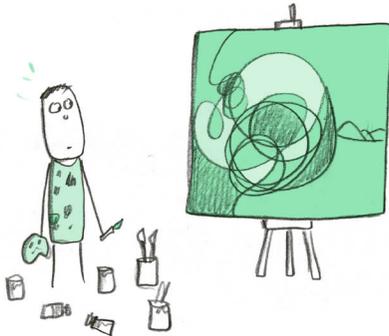
long-term plans



a clean space

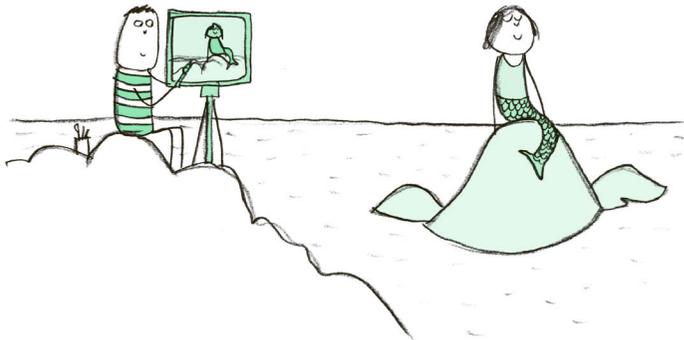
a leap of faith



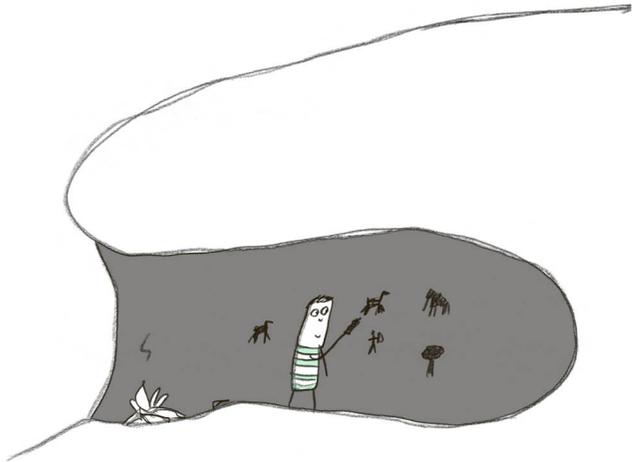


abstract
expression

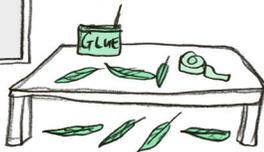
the perfect muse



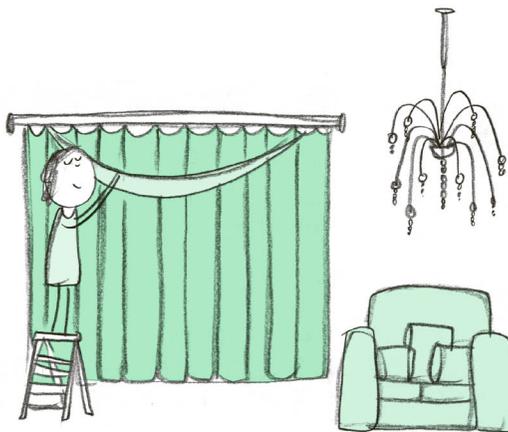
getting back
to basics



laughing at yourself

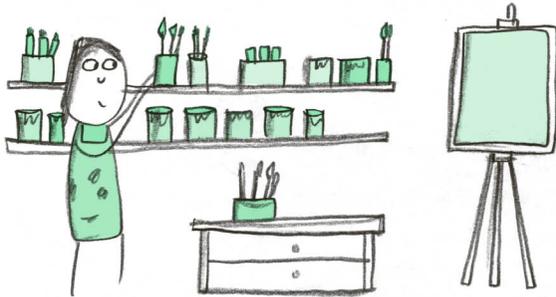


domestic pizzazz



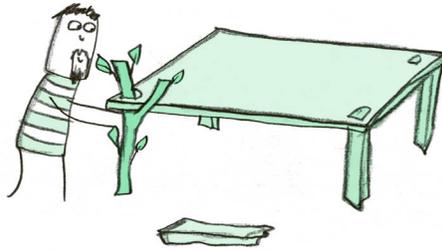
engaging with
politics





a blank canvas

an innovative solution



bouncing ideas
off people



public recognition



doing what you love



Lisa Swerling and Ralph Lazar are the creators of the *New York Times* bestseller *Me Without You*, as well as the internationally beloved *Happiness Is...* brand. They live in Marin County, California.

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