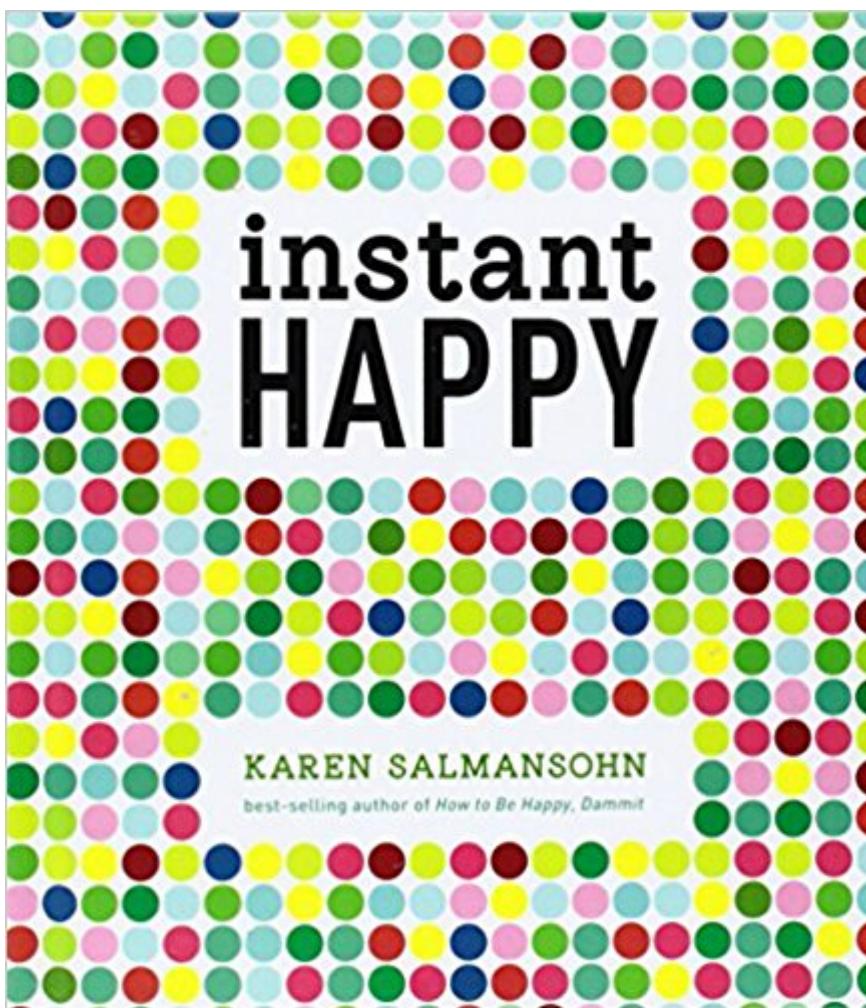


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# Instant Happy: 10-Second Attitude Makeovers



## Synopsis

The latest gift book from positivity guru and bestselling author Karen Salmansohn, Instant Happy delivers upbeat shots of happiness and perspective with clever, motivational sayings and graphics. SEEK OUT THE HAPPINESS IN ALL OF LIFE'S CRAPPINESS

You're just ten seconds away from a brighter, more centered, supremely fabulous you! No matter what challenges life throws at you—from relationship roadblocks to everyday stressors to unexpected forks in your path—happiness guru Karen Salmansohn is here with colorful “thought interventions” to teach your old brain some new tricks. With witty sayings, inspiring philosophies, colorful graphics, and a dose of cheeky tough love, Instant Happy is the perfect inspirational self-help book for people who don't have the time or patience for self-help books. So next time you're feeling stressed, stuck, blue, pissed off, or pissed on, simply flip open a page in Instant Happy to kick yourself out of that negative feedback loop and into a positive thought pattern. Karen's no-BS tone, quick-acting humor, and contagious optimism will soon have you ready to take on the world.

## Book Information

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## Customer Reviews

KAREN SALMANSON is a motivational speaker, designer, and best-selling author of more than twenty-five books, including Instant Happy, How to Be Happy, Dammit; Enough, Dammit; and The Bounce Back Book. She's also an online columnist for Oprah, Psychology Today, The Huffington Post, Positively Positive, and AOL, and she has worked as a creative consultant and brand strategist for the likes of

MTV, Nickelodeon, L'Oréal, and Avon. For more on Karen, pop on over to [www.notsalmon.com](http://www.notsalmon.com).

Introduction    Want to be happy, dammit? If so, you gotta teach your old brain some new tricks and start thinking more optimistically! When you train your brain to think more positive thoughts, you're more likely to form positive habits—which then leads you to more positive results. (And I'm positive about that!)    Unfortunately, it's not always easy to think positively. Life is full of ups and downs; it ebbs and flows. And sometimes during the tough times, we find ourselves stuck in a downward negative-thought spiral. All too quickly we go from thinking "this one thing sucks" to "my whole DAY sucks" to "my WHOLE LIFE sucks" to "THE WORLD SUCKS" to "DISTANT GALAXIES SUCK!"    So, what's the solution? Instant Happy, of course! This book uses a psychological tool called pattern interrupts to stop a moving train of negative thoughts in its tracks. Each page in this book offers a different pattern interrupt—or what I refer to as a "happy-thought intervention"—designed to counteract limiting beliefs and jumpstart a new pattern of positive, productive thought.    But what's the big deal with positivity, anyway? Well, in order to answer that question, we first have to look at what's so wrong with negative thinking. Neuroscientists have a biological explanation for why those downward negative-thought spirals happen in the first place. MRIs have shown that every time people think angry thoughts or imagine worst-case scenarios, they send a surge of blood flowing into the brain regions associated with depression and anger—which refuels their depression and anger in a destructive feedback loop. The sadder and angrier you become, the more your body gets flooded with troublemaking "fight or flight" neurochemicals, which shut down the more evolved neocortex part of your brain. Basically, when you're trapped in a really negative fight-or-flight thought pattern, you're limited to using a mere 20 percent of your brain's thinking power. This is why during tough times you might find it very difficult to interpret events correctly, communicate feelings effectively, or think with a long-term optimistic lens.    Happily, MRIs have also shown that when people start to think happy thoughts, they send a surge of blood flowing into brain regions associated with happiness—which widens their positive neural pathways and making it easier and more automatic for them to think better, calmer thoughts. Meaning? If you keep reading Instant Happy, and keep focusing on those happy thought interventions, then over time it will become easier and easier for you to think more

positively! Kind of cool, isn't it? How you can create a happier reality simply by thinking in a happier way? Happiness truly does not come from the things you have. It comes from the thoughts you have! So, here's how you can use Instant Happy to boost your joy and peace of mind: Whenever you find yourself stuck in a limiting thought pattern, unstick thyself by flipping to a page, any page, in this book. What you'll find is an inspirational flashcard—a positive, affirming statement paired with a graphic. (Oh, and about those graphics: Research has shown that when you incorporate visuals into your learning process, you are better at recording lessons in your permanent memory bank. So the illustrations in Instant Happy aren't just fun to look at—they're also an important tool that will encourage your brain to fully remember all the positive messages it is learning!) You don't have to wait until you're in a bad mood to read these inspirational flashcards. Make a practice of starting or ending your day by reading one of them—or two of them—or five—or twenty-seven of them! As you're first reading through Instant Happy, you may find yourself rejecting many of the positive affirmations because they conflict too much with your current, negative beliefs. Good! The inspirational flashcards that stir up the most resistance are the ones you should pay the most attention to—because they're definitely creating a pattern interrupt. Keep rereading these in particular! And remember—even if at first you have to fake the positivity, eventually you will make the positivity. After all, repetition works, repetition works, repetition works! It may seem hard to believe, but you think 60,000 thoughts a day. The purpose of Instant Happy is to give you the tools and the motivation to choose happy thoughts—not to waste 59,999 on negative, limited thinking. No matter how busy or stressed you think you are, you always have time for a quick pattern interrupt—think of it as a ten-second attitude makeover! My hope for you is that over time, you'll get closer and closer to your goal of 60,000 positive thoughts a day. XO Karen

Just leave it to Karen to touch us with such powerful images and thoughts. This book has mighty 10 second messages which will last a lifetime in my brain. Using a series of "happy-thought intervention" Karen uses her artwork, photos, and clever sayings to help me understand that to be happy one must think positive and break through old negativity patterns.

I enjoy following the author, Karen Salmansohn, on Facebook, because her posters and quotes are all inspiring and challenge you to live life fully engaged and not become a victim of circumstance. I

bought this book, because I wanted to own some of her inspiring quotes in a way that would allow me to share them with visitors to my home and/or office. I would love if she would create either a screen-saver of some of her newer posters or a DVD of the posters and set it to music. It would be a great thing to play on my computer when in screen-saver mode, or to playback on an office or doctor's lobby TV screen. This is not a deep, psycho-analytical, self-help book. However, it is a Positive/Motivational book, and one I think readers will enjoy for its humor and colorful pages. It's also good gift item for a recent H.S. or college graduate.

I get it. Self help can be a bit woo woo for some. Have no fear, Instant Happy is here. This book is short, sweet, and to the point. It will cut straight into your soul and get you thinking about things that you probably have never thought of. I love the wittiness and design of this book. Karen Salmansohn beautifully combines her writing and her creativity to produce beautiful images to really send a powerful message to her readers. Being happy is a choice. And if you are looking for some short and sweet bursts of inspiration..then this book is for you.

Great little read. Read monthly if not more often for a dose of positivity. Illustrations are lovely. Love all of her books.

The many different pictures in the book does it make it something unique than your normal self-help book. Simple, yet so effective!! Loved it

This is my favorite one. I use it for Bell Ringers in my high school art classes. I also read and grade their responses in four steps. 1) Copy the quote and write the author. 2) Explain what it means in your own words. 3) Give a personal example. Write step 2 and 3 in complete sentences. 4) Trace around the Artist Trading Card and use the illustration provided for inspiration or create your own drawing to illustrate your personal example. I collect them every five class periods. Each day is worth 20 points. I have bought several of this one to give as gifts!

Great journal entry starters

Karen Salmansohn's book, Instant Happy, is filled with messages and thoughts to quickly put my mind at ease. The positive messages instantly direct any negative thinking towards helpful and motivational thoughts. I grab this book, filled with words of wisdom, when I feel down or unsure and

within seconds my thoughts become more optimistic and constructive. I recently felt a particular pull to the negative side, picked up this book, found the page and quote that spoke to my issue and like a gust of wind, the negative blew past and was replaced with a new and positive breeze.

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