



The Seven Ups of Happiness

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Easy-to-digest tips on how to be happy in your life--both at home and at work.

In this wise and witty new book, culture consultant and humorist Scott Christopher shares seven UPs that anyone can master to happily manage at work and home. In chapters including dealing with change (Suck It UP), strengthening teams (Huddle UP), developing gratitude (Give It UP), and integrity and authenticity (The UP and UP), Scott provides easy-to-understand fundamentals and easy-to-implement tips for finding happiness (and staying happy!) in both the workplace and your everyday life.

Ever have trouble connecting with those of "another generation"? Loosen UP!

Feeling overwhelmed by the breakneck speed of change and innovation all around you? Step it UP!

Does it feel like everyone else is just plain happier than you? Cheer UP!

Scott Christopher is a longtime speaker, author, and humorist. With a master's degree in HR management from the University of Connecticut and an unexpected candor, his presentations and books are renowned for getting to the heart of the matter: sharing simple business-relevant concepts with lots of laughs. He has appeared on NBC's The Today Show, CNBC, and Fox News, and been published in the *New York Times*, *Washington Post*, *Newsweek*, and many other publications. He lives in Salt Lake City.

The Seven Ups of Happiness Details

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Jeff Birk says

My best friend's third book. Quick read. Helpful for our youtube project. Lots of good little tidbits in here.

Lydia says

I would recommend this book to a friend. The author touches on some key principles of happiness; however, there are moments when the narrative can be shallow and others when the author achieves a certain depth of understanding. It won't appeal to all audiences, as I said there are some inconsistencies that should have been hashed out in editing and revision (more on that later) but if you're looking for a simple book that isn't long-winded on the essentials of happiness, then I would recommend this.

Of course, not everyone is going to jive with the author's tone (I'm sure that he's aware that some folks find him mildly annoying and cheeky, while others may be neutral and indifferent). There are also times where he may be perceived as condescending and patronizing, and yet other times he may have been a little too comfortable and lazy with the writing. It is very hard to strike a balance there sometimes. Regardless of that, the book hits home on the essentials, it's not chalked up to be more than it actually is, and honestly, it's a little refreshing to get something different than the 300-page monotone that I'm used to. It's clean and concise and it hits home.

Now for the gripes:

"But as soon as he 'kicked off his dancing shoes' and started dancing with the skinniest leading lady bulimia can buy, you couldn't stop him smiling."

Yikes. Poor taste right there. Given that I actually know a few folks with bulimia, the joke doesn't strike me as funny or witty.

The second gripe is on page 79 concerning the red neck analogy. It's really not worth quoting here. I think you can find a better example to illustrate your point.

And last but not least, I know nonfiction offers writers certain freedoms that possibly other genres cannot regarding certain subjects, but for crying out loud, I still cringe when I see 'btw' written once in any piece of text (excluding social media-related things) let alone twice on the same page (page 89)! It was very hard for me not to kick it down to 2-stars after that since there was confusion on whether I was reading an amateur blog, or an actual book.
