



15 Things You Should Give Up to Be Happy: An Inspiring Guide to Discovering Effortless Joy

By Luminita D. Saviuc

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Based on a phenomenally popular blog post, a simple and counterintuitive approach to finding true joy

When PurposeFairy.com founder Luminita Saviuc posted a list of things to let go in order to be happy, she had no idea that it would go viral, shared more than 1.2 million times and counting. Based on that inspiring post, this heartfelt book gives readers permission to give up--that is, to let go of the bad habits that are holding them back from achieving authentic happiness and living their best lives. Lessons include:

- Give Up the Past
- Give Up Your Limiting Beliefs
- Give Up Blaming Others
- Give Up the Need to Always Be Right
- Give Up Labels
- Give Up Attachment

Simple yet wise, and informed by the author's own inspiring personal journey, this liberating little book presents a fresh twist on happiness advice: **take a step back to reflect, and give yourself permission to let things go.**

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Editorial Review

Review

“Luminita's wisdom radiates from her soul. Her writing, peppered with personal stories, quotes and insights have inspired millions. Which is why some of her posts have become among the most shared personal growth content in Facebook history. This book expands upon her ideas and teaches people how to capture that elusive things we all want most in life - happiness.”

--Vishen Lakhiani, founder and CEO of Mindvalley

About the Author

LUMINITA DANIELA SAVIUC is the creator of PurposeFairy.com, a popular blog with a large and active social media following. Until recently, she also held the role of product development lead at Mindvalley, one of the largest online publishers of personal development content in the world.

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