



## **Be Happy No Matter What**

By Ellen Seigel

Clear Path Publishing, 240 pages, Format: Trade

Star Rating: 4 out of 5

**Be Happy No Matter What** is well-timed; an extremely uplifting and upbeat read about self-soothing and self-care, Ellen Seigel coaches the masses about effective living. With a casual flair and tone for everyday use, the author engages readers with hymn quality chants and mantras for Five steps to Inner Freedom: Centering in My Self; Appreciating Me and My Life as a Work of Art; Hearing my Inner Wisdom; Honoring My Self; and Caring for My Self. Though such information might be rendered superfluous, gimmicky, or even banal by many non-believers in the self-help genre, **Be Happy No Matter What** is for the most part what our culture needs.

Seigel possesses such acuteness and guidance for honing in on a crisis-free being, how self-knowledge can pave the way for self-mastery. Her deft analysis and cognitive behavioral principals bear out that “The upset felt in a current situation is echoing upsets from earlier in life,” and so one must service and remedy this force with self-healing experiences. Ellen Seigel’s immediacy with language through conversational dialogue and diction provide the sufficient energy and compassion for carrying the reader through a startling journey. The constant debriefing exercises and affirmations are visually and textually supportive in keeping calm throughout the day and maintaining an openness “to take in improvements.” **Be Happy No Matter What** is brave and exactly; Seigel encapsulates the human trajectory with a most personal and endearing approach.