

By ANU VENUGOPAL

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## Redefining happiness

- **AUTHOR:** Tom Rath & Jim Harter
- **PUBLISHER:** Gallup Press
- **YEAR OF PUBLICATION:** 2010
- **RATING:** 8/10

THIS is not your regular straighten-me-up self-help book.

*Wellbeing — The Five Essential Elements* is a conversational guide to holistic wellness that deals with the bigger picture first, before getting to the finer details in life.

Authors Rath and Harter present five elements crucial to the wellness of each individual — career, social, financial, physical and community wellbeing. After explaining each aspect in breezy detail, they finish off with the art of measuring what makes life worthwhile.

In addition, there are tools and resources — including statistics on wellbeing across the United States and 150 countries, conducted by

Gallup to find out how the five elements shape their lives. Interesting to note is that Malaysia is ranked 52 in the wellness survey, with Denmark and Togo coming in first and last respectively.

Among several interesting points raised in the book is the fact that wellbeing is not just about being happy. Nor is it about wealth, career success or physical health, but it is a combination of the five elements mentioned.

While most of the content isn't something new, this reviewer found the authors' personal presentation of the five elements refreshing and learnt many small but insightful lessons about the art of being well. Another interesting aspect of the book is it comes with a unique code that can be used to measure one's wellbeing online and proceed to track your wellbeing over time.

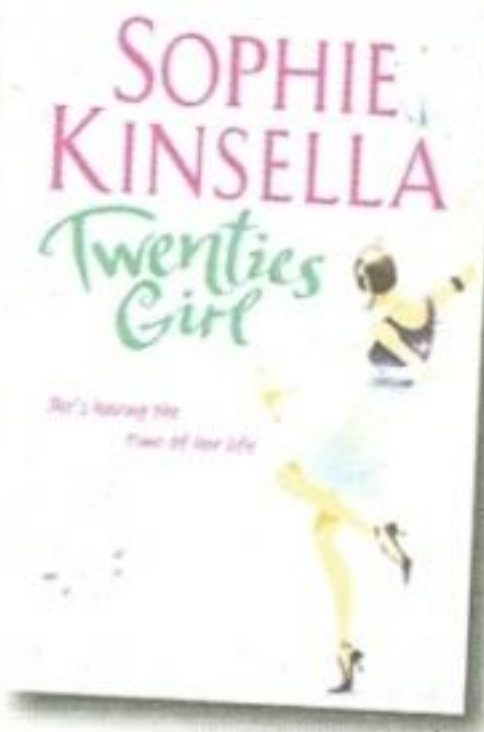
An easy read that will make you re-define one's perception of happiness and wellness.

- **TITLE:** Wellbeing — The Five Essential Elements

- **TITLE:** Twenties Girl
- **AUTHOR:** Sophie Kinsella
- **PUBLISHER:** Black Swan
- **YEAR OF PUBLICATION:** 2009
- **RATING:** 8/10

HAVING read and adored Sophie Kinsella's previous works such as the infamous *Shopaholic* series, it is only fair for this writer to turn the pages of her latest book with heart-pounding anticipation. The book, which is Kinsella's attempt to try her hand at a genre that she has not ventured into before, tells the tale of Lara Lington, a headhunter with a recruitment company she started with her best friend, Natalie.

Now, Lara — like any young woman — may seem like your girl-next-door who has a thriving career and a perfect life. Only thing is, she thinks that her life could be a little, if not entirely, better.



## Every shopaholic's dream book

To begin with, she does not think that chucking her previous job to become a headhunter with Natalie was exactly a brilliant move as the company is hardly getting any profit. It does not help that her boyfriend Josh just broke up with her and she thinks that he still loves her.

However, Lara's miserable world changes abruptly when she was forced to attend her 105-year-old great-aunt Sadie's funeral. To her utter shock, Lara bumps into great-aunt Sadie's ghost at the funeral — who is only visible to her eyes. Surprisingly, Sadie's ghost does not in any way resemble her wrinkly 105-year-old self. Contrary to that, Sadie is a 23-year-old, fashion-conscious spectre with a penchant for dancing in nightclubs and flirting shamelessly with irresistible men.

Sadie, who knows that she is dead, seeks Lara's

help to stop her funeral long enough to find her prized possession — a yellow-beaded dragonfly necklace. Readers then follow Lara and Sadie's adventures in search of the necklace.

Kinsella did a wonderful job in describing the details of the lifestyle and fashion of 1920s. As usual, the book has Kinsella's usual wit and humour that her fans have come to love.

Though the book did not have the same magic beginning that her other book *Can you keep a secret?* had, Kinsella managed to make it up in the content and this writer was soon bowled over.

Scenes that tickle the funny bone are aplenty in this book. So much so, that the writer had to remind herself not to read in public places if she does not want to risk being called a lunatic.

That being said, the book would be a perfect read on lazy Sunday afternoons.

All in all, Kinsella has worked her magic yet again. Girls, get your hands on this one for it's certainly a keeper. — **By T.K. LETCHUMY TAMBOO**