



How to Be Happy (Or at Least Less Sad): A Creative Workbook

Lee Crutchley

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Author and illustrator Lee Crutchley brings his lively interactive approach to a little-discussed but very common issue: the struggle with depression and anxiety.

Through a series of supportive, surprising, and engaging prompts, **HOW TO BE HAPPY (OR AT LEAST LESS SAD)** helps readers see things in a new light, and rediscover simple pleasures and everyday joy...or at least feel a little less sad. By turns a workbook, trusted friend, creative outlet, security blanket, and secret diary, the pages of this book will offer solace, distraction, engagement, a fresh perspective, and hopeful new beginnings—for readers of all ages and walks of life.

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