



Happy Lemons – How Happiness Breeds Success

In his book, *Happy Lemons – How Happiness Breeds Success*, Thomas Flindt takes us on an interesting journey that examines the roots of laughter and traces its development over time. He dives into laughter's various purposes, and its benefits at work!

“WE MUST TAKE OUR LIVES AND OUR WORK SERIOUSLY, BUT WE HAVE MORE SUCCESSES WHEN WE ALLOW OURSELVES TO HAVE FUN AT THE SAME TIME.”

The book consists of 5 chapters; each taking us on an insightful journey into the world of laughter, including the power of Now and the therapeutic and physical effects of laughter. A 6th chapter consists of exercises, helping you in a fun and easy way to incorporate strong habits and get more happiness in your everyday life.

Not only will *Happy Lemons* leave a contagious positive effect on the reader, it also provides tips and practical tools on how to develop positive habits at work, increase job satisfaction, and how to bring more joy to your everyday life.

We've heard that age-old adage, “don't cry over spilt milk”. Well, why not laugh at it? Why not allow ourselves to laugh at our mistakes? Allow ourselves to have the courage to face our fear and step out of our comfort zone? “Breathing and laughing are your most important energy resources. It doesn't only make you feel alive, it keeps you alive.”

“Read Flindt's book to get a guide to creating your own world of joy and smiles!”

Tiffany Lee, Amazon Reviewer.

“It's time we all stopped taking life so seriously, find our inner laughing selves, and improve our lives.”

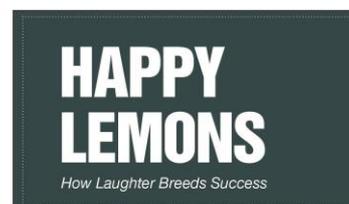
Karl Bennett, Amazon Reviewer.

“Not just another self help book, but a unique approach to changing your life through laughter. Read this, and happiness will follow.”

Katarina Ortmann, Amazon Reviewer.



THOMAS FLINDT





About "The Laughter Guru"

Thomas is a life coach and laughter instructor as well as the driving force behind World Laughter Day in Denmark. "Laughing in front of other people takes courage", a lesson learned from any attendees of this international event.

"As a spectator, when you see so many people laughing together, your mind wants to understand. For those laughing together, they have an instant connection." Thomas Flindt

Experiencing the courage of laughing with others, and the connections you develop aren't the only benefits either. Aside from coaching, Thomas inspires people, businesses, and teams, to more enjoyable and motivating work. He conducts laughter workshops and personal development courses for corporations because, as Thomas says, "laughter gives us energy and motivates us." His lectures have a fine balance between seriousness and fun – emphasizing the importance of allowing ourselves to laugh, as this gives rise to more successes in life.

Success can be measured, as evinced by Thomas' efforts with laughter in the workplace. For one year, Thomas conducted his laughter sessions with a Danish IT company. As a result, the company observed an increase in production and sales by over 40%! Thomas' pioneering research has thus demonstrated that when humor levels rise in the workplace, profits follow.

He is one of Denmark's leading experts in job satisfaction and motivation, and his books are based on his experiences with 20,000 employees from more than 1,000 different Scandinavian companies. At these aforementioned companies, he has helped employees and managers to have more fun, and be more effective at work.

Read more about Thomas Flindt [here](#).



CNN - September 17th 2014

Thomas will be featured on CNN on September 17th 2014.

CNN reporter Dr. Sanjay met [Thomas](#) in June and asked him for "the Danish secret" to happiness and wellbeing.

The interview will air on CNN on Wednesday, September 17th.

'Happy Lemons – How Happiness Breeds Success' is now available from Pine Tribe and major online bookstores, including Amazon and iBooks.

If you would like a copy of 'Happy Lemons' please contact [Kris Barnes](#) of [Authoramp](#)
Thomas is also available for interviews and guest blogging via [Kris Barnes](#).

