



# Bonjour, Happiness!

By Jamie Callan

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## **Bonjour, Happiness!** By Jamie Callan

French women didn't invent happiness. But they know a thing or two about joie de vivre--being alive to each delicious moment.

As a young girl, Jamie Cat Callan was fascinated by her French grandmother. Though she had little money, Jamie's grand-mère ate well, dressed well, and took joy in simple, everyday pleasures. As Jamie journeyed through France as an adult, she gained more insight into the differences between French and American women. French women--whether doctors, shop owners, or housewives--don't worry about being thin enough, young enough, or accomplished enough. They age gracefully and celebrate their bodies. They know how to balance their lives--to love food without overeating, to work hard but not too much, to relish friends and family, and still make time for themselves. Now Jamie draws on everything French women have taught her and shows you how to:

Buy and consume less--and enjoy more

Look like a million Euros on a few francs

Find time to be alone

Flirt à la française

Rediscover your own mystery

Perfection isn't attainable, but happiness always is. And this uplifting, revelatory book shows every woman how to embrace it--and savor it.

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### Editorial Review

#### Review

A recipe for happiness with ingredients that you don't have to travel far to find.

Accustomed to the American pursuit of happiness, Callan (*French Women Don't Sleep Alone*, 2009, etc.) explores her French roots to find fulfillment in life's simple pleasures. The spirit of the book centers around the idea that: "In America, we've come to think that bigger and faster is better. But suppose it is the opposite smaller and slower is better?" Through her travels, interviews and self-exploration, the author reveals the importance of living in the moment, and she offers delightful recipes for living. If you stop gormandizing, you will enjoy your meal, drop a few pounds and maybe even find a companion as depicted in Callan's instructions for a Roquefort soufflé. She urges readers to sit down and enjoy their coffee, to be inspired by their surroundings. Through a series of complimentary anecdotes, the author asks readers to examine how they lead their lives. Why not take the stairs? Why not take pride in what you wear, even if that means merely putting on some sexy lingerie? Why not use the fine china more often? Even though the author traveled to France to discover the art of happiness, she gives tangible suggestions on how to live like the French no matter where you are.

Translates the joie de vivre into a language of life that is not so foreign. --Kirkus review for *BONJOUR, HAPPINESS!*

#### About the Author

**JAMIE CAT CALLAN** has lived in France, and has interviewed numerous French women. She has published books on the subjects of relationships and writing, and has been featured in the "Modern Love" column in the *New York Times*, as well as *Best American Erotica*, *The Missouri Review*, and *Story and American Letters & Commentary*. She currently teaches writing at Wesleyan University Graduate Liberal Studies Program, and lives with her husband in Cape Cod, Massachusetts.

### Users Review

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##### **Richard Morris:**

Here thing why this specific *Bonjour, Happiness!* are different and reliable to be yours. First of all studying a book is good nevertheless it depends in the content of it which is the content is as tasty as food or not. *Bonjour, Happiness!* giving you information deeper as different ways, you can find any guide out there but there is no guide that similar with *Bonjour, Happiness!*. It gives you thrill looking at journey, its open up your own personal eyes about the thing that happened in the world which is probably can be happened around you. It is possible to bring everywhere like in playground, café, or even in your technique home by train. When you are having difficulties in bringing the printed book maybe the form of *Bonjour, Happiness!* in e-book can be your option.

##### **Karen Martinez:**

This book untitled *Bonjour, Happiness!* to be one of several books this best seller in this year, that's because

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**Donald Barber:**

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