

“The World Book of
Happiness is certainly one of
the milestones towards
building up a universal model
of happiness”

Samuel Ho (China)

“There are a lot of tools,
procedures and ideas to help
people to become happier.
And they have been proved to
work! We just need to make
them accessible for
everybody”

Dr. José de Jesus Garcia
Vega (Mexico)

“Where is the wisdom we
have lost in knowledge?
Where is the knowledge we
have lost in information”
T.S. Eliot Nobel Prize-winner
for Literature, 1948





















**NO PAIN
NO GAIN**



**NO PAIN
NO GAIN**





PLEASURE ?







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