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Open When: Letters To Lift Your Spirits



Synopsis

Happiness expert Karen Salmansohn presents a unique interactive book that invites readers to literally open letters of encouragement, wit, and wisdom whenever they need a boost. Inspired by the trend of "open when" letters sweeping the nation, Instant Happy author Karen Salmansohn has created a bound collection of 12 notes for readers to flip open whenever they need a pep talk. With categories like "Open when you need a laugh," "Open when you're feeling stressed out," and "Open when you need courage," these little happiness-boosters are based on Salmansohn's viral posters that combine witty sayings with colorful graphics.

Book Information

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Customer Reviews

Praise for Karen Salmansohn: Salmansohn reminds us that in life, we are in charge of our own destiny. We have the power to overcome through gratitude, humor and courage. "Tony Robbins, New York Times Best Selling Author Karen is an expert on psychological research studies to help you not only recover from the tough times, but also bounce back to an even higher level than your previous bests. " Tim Ferriss, New York Times Best Selling Author Karen packs a library's worth of proven insights into all she does. For anyone mired in the dumps " or who just wants to live more joyfully " Karen's for you! " Gretchen Rubin, New York Times Best Selling Author Karen's writing is like Paxil without the side effects. " If you've been sucker-punched by life (in other words, if you're human), Karen gives you empowering, user-friendly tips to deal with it. The very act of reading her writing will make you feel happier. " - A.J. Jacobs, New York Times Best Selling Author Salmansohn's writing is bold, playful,

insightful “ with powerful metaphors that provoke and inspire. Her kinetic images amplify her message and take her books to a new level of literary experience.” — Deepak Chopra, New York Times Best Selling Author “ If you’re not happy with what you’re getting, maybe you need a whole new plan. Karen Salmansohn offers you one. Start now!” — Seth Godin, New York Times Best Selling Author “ Karen Salmansohn is a creative force of nature. I love her insights and relentless commitment to helping people live happy and successful lives. Her smart sense of humor and unusual metaphors make changing your life not only do-able but, totally fun. I simply adore her!” — Marie Forleo, founder, The B School “ Salmansohn’s got sass and shine! Her work sparks people to wake up, and at the same time, gives the comfort of perennial wisdom “ such a divine combo. Sass and shine, in the best packaging!” — Danielle LaPorte, best selling author of “ The Fire Starter Sessions” and “ The Desire Map” “ Life is full of surprise challenges “ and Karen Salmansohn offers informative research from the world of resiliency psychology to help ensure you bounce back from tough times stronger, better, happier!” — Marci Shimoff, New York Times Best Selling Author “ Salmansohn’s advice for regaining your footing after a life set back is smart, do-able and even fun.” — Lucy S. Danziger, Editor-in-Chief, SELF Magazine “ Karen Salmansohn is the high priestess of great attitude!” — Marshall Goldsmith, New York Times Best Selling author “ Karen Salmansohn will lift your spirits at the same time, focus your path in the truths, challenges and opportunities found in everyday life.” — Sharon Salzberg, co-founder of the Insight Meditation Society “ Karen Salmansohn is a big brain in high heels.” — Goldie Hawn, actress and founder The Hawn Foundation

KAREN SALMANSOHN is the best-selling author of more than 25 books with more than 1 million copies sold. She has worked as an image consultant for MTV, Nickelodeon, Oxygen Media, and L’Oreal; has been featured on the Today show, The View, CNN, Fox News, and Real Time with Bill Maher; and has written for Psychology Today, Mind Body Green, Positively Positive, and Huffington Post. She has been covered by the New York Times, Businessweek, Chicago Tribune, L.A. Times, Philadelphia Inquirer, Time, Marie Claire, Fast Company, InStyle, Self, ELLE, and the New Yorker.

I’m the ‘wife’ in the headline and had to write this review because I LOVE this book! I’ve always enjoyed receiving letters (not bills) and the tactile feeling of opening the letters in this book brings back the memories of letters past from my own dynamic mother. The simple letters contained in this book are concise and written with heartfelt wisdom summoning one’s soul to reflect, and spirit to lift

when...life hurts. The book has the resonance of receiving a letter from a wise and loving parent. I would highly suggest this book for anyone who needs a quick little boost. Thank you Karen for yet another uplifting book! LOVE IT! :)

I have been a longtime fan of Karen Salmansohn, mainly because she is the "real deal" and is not embarrassed to admit that she HAS experienced everything she writes about, FIRST HAND. I have learned more from her than I have from speaking to professionals with PhD's and MDs, because she is so empathetic and non-judge mental. As a result, I always feel so connected to her ideas, especially bc of her use of down-to-earth language. I love how Karen doesn't use a filter when writing and many of her quotes remind me of things I wish I could say, but don't feel "ballsy" enough to say it out loud. This makes one feel understood and reassured to not feel alone, especially when you think you are the ONLY one with that thought pattern. I pre-ordered 3 copies of the book and bought 2 as gifts. Upon arrival, I gave all 3 copies to different individuals, who were grieving tragic deaths. I didn't have words of comfort for them, but the book did. They were very appreciative for that. From an organizational standpoint, I love the way that the book is divided by different feelings and you can go straight to a "specific emotion" you need support with. This is the type of book that every person should have at least two copies of in his/her home, AT ALL TIMES. One copy for yourself, and one for someone needing help and comfort immediately (similar to frozen chicken soup in your freezer, for when you or your neighbor get ill) I do not like reading and yet I LOVE this book. I highly recommend it

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This beautiful, original and totally delightful little book is a big bunch of sunshine that will fit in your pocket. It's filled with easy to digest wisdom and inspiration and it is the perfect gift for someone going through a difficult time.

Absolutely love this!! What a true treasure to find. It made for a simple but very touching going away gift!

I loved it! Small and right on with the answers.

I Love it

I'm very pleased with this product. It is a great add on to my daily affirmations and the messages contained within are very valuable to various situations.

OPEN WHEN: LETTERS TO LIFT YOUR SPIRITS is an unusual book. The impact of this little book goes beyond it's brief length. OPEN WHEN is actually a book of letters that you "open" as needed. Each letter is filled with encouraging, uplifting affirmations. Each letter is accompanied by cute artwork depicting an actual envelope to be opened. I admit I was a little skeptical when I started reading the letters. I wondered if this was some sort of new age enlightenment? What's the purpose of this? Does this really do any good? Yes, when an open mind, I found these uplifting messages are genuinely helpful. The letters are not trying to mesmerize the reader into new age thinking; on the contrary, the use of positive affirmations is a well-established method of improving feeling of well-being, and even performance. I decided to see if there was any scientific research to support using positive affirmation. I discovered that there is indeed solid scientific evidence to support "self-talk" like this. The evidence is easy to find. One study at Carnegie Mellon University showed that "a brief self-affirmation activity at the beginning of a school term can boost academic grade-point averages in underperforming kids at the end of the semester." Research published in "Society for Personality and Social Psychology" showed that self-affirmation caused executives to have higher confidence and perform better. The first letter points out that even optimistic people can have blue days: "POSITIVE PEOPLE have negative thoughts too." The letter suggests that people who remain positive "don't allow those thoughts to grow too big. And they make sure to stop those negative thoughts from following them around all day." Here's my favorite letter: "Next time you feel sad or stressed, do a Mental Rental and check that happy memory out again." Even before reading this little book, I had already found this advice to be true. I have personally recalled happy memories as a way of adjusting my attitude. There was one message that really surprised me: "Sometimes the first step to forgiveness is understanding that the other person is an IDIOT." Wow--Why didn't I think of that? All in all, I found this little book to indeed be an uplifting source of encouragement. I suspect that engineering-types may not be too receptive to the encouraging affirmations, but I encourage readers to keep an open mind. I found it worth the effort. Advance Review Copy courtesy of the publisher

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