

# Book of Happy

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BlueRoseONE.com  
Stories Matter

New Delhi • London

**BLUEROSE PUBLISHERS**

India | U.K.

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ISBN: 978-93-7310-881-0

Cover design: Daksh  
Typesetting: Tanya Raj Upadhyay

First Edition: December 2025



## Praises for 'Book of Happy'

"This book is a delightful reminder that the simplest truths often carry the deepest meaning. Each reflection is relevant, easy to connect with, and made even more memorable through its engaging pictorials.

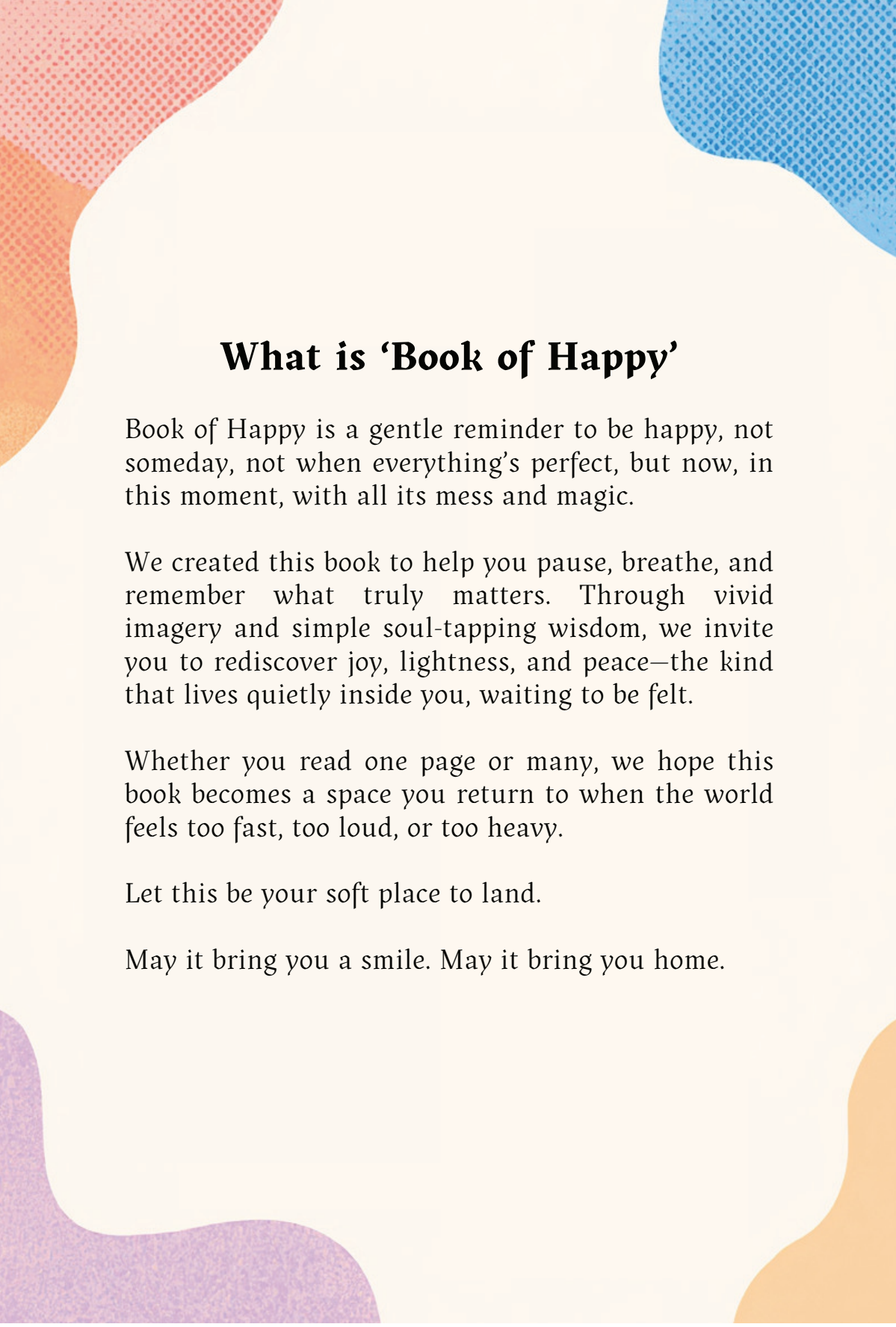
It's an endearing and uplifting read, one that not only spreads happiness but also invites you to live it every day. A truly unique way of turning universal principles into personal joy."

— **Ashutosh Telang**, CHRO, ArcelorMittal Nippon Steel India

"The Book of Happy" beautifully captures the philosophy of happiness by encouraging us to introspect on our own thoughts and actions. Written with engaging brevity, it delivers profound and elaborate messages in a way that is easy to absorb. The insightful quotes guide us towards choosing our responses wisely to life's many stimuli.

Compact and accessible, it is especially valuable for those who may not naturally gravitate towards reading — yet seek meaningful wisdom. I thoroughly enjoyed the read and found many pearls of insight within its pages.

— **Santosh Rai**, Head of Human Resources, L&T Precision Engineering & Systems



## **What is ‘Book of Happy’**

Book of Happy is a gentle reminder to be happy, not someday, not when everything's perfect, but now, in this moment, with all its mess and magic.

We created this book to help you pause, breathe, and remember what truly matters. Through vivid imagery and simple soul-tapping wisdom, we invite you to rediscover joy, lightness, and peace—the kind that lives quietly inside you, waiting to be felt.

Whether you read one page or many, we hope this book becomes a space you return to when the world feels too fast, too loud, or too heavy.

Let this be your soft place to land.

May it bring you a smile. May it bring you home.

**For Dad, Dada, and Dadi**



# Your Happiness Journey



**The Inner  
Compass**



**Letting it  
Go**



**Trusting the  
Flow**



**Growth  
with Peace**



**Compassion &  
Happiness**







# The Inner Compass

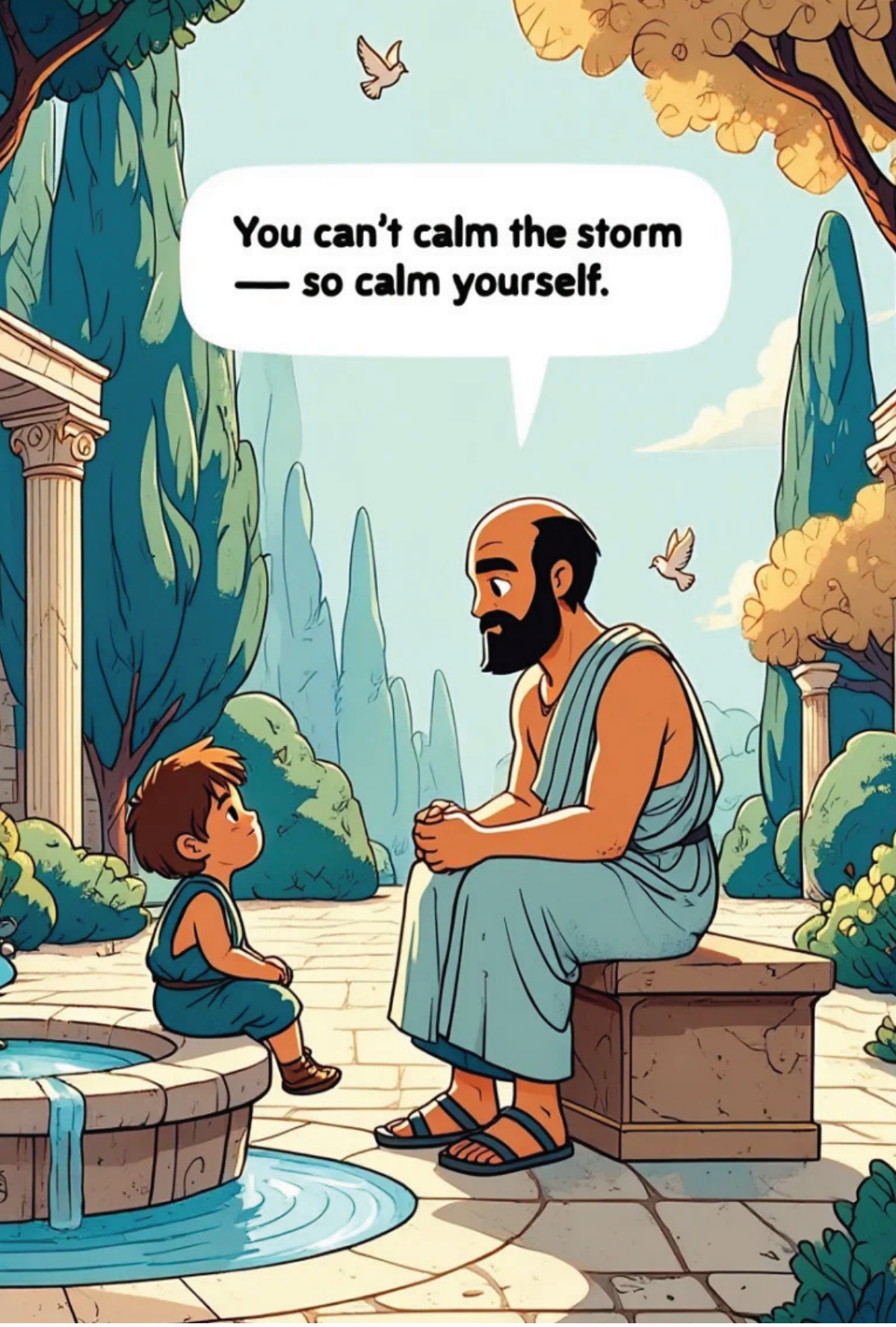


Thoughts are clouds.  
You're the sky that  
holds them, not the  
storm they bring.



Mindfulness teaches us to watch our thoughts drift by, without chasing or fearing them.

You are not the chaos. You are the calm within it.

A colorful illustration of a man with a beard and a young child in a garden. The man, wearing a blue robe and sandals, sits on a stone ledge, looking at the child. The child, wearing a blue tunic and sandals, sits on the edge of a stone well, looking up at the man. The garden features a stone well with water, a stone path, and various trees and bushes. A speech bubble from the man contains the text: "You can't calm the storm — so calm yourself."

**You can't calm the storm  
— so calm yourself.**

Stoic philosophy teaches that while life can usually be unpredictable, your response doesn't have to be.

Life will swirl, shift, and surprise you. But the real power lies in how you respond to these changes.



What you seek  
is seeking you.



Rumi says your dreams and longings aren't distant, they're deeply connected to who you are.

The moment you take a step with trust, the universe leans in. You're not chasing—you're awakening to what was always meant for you.

If you are  
always  
right,  
you're  
probably  
missing  
the plot



Syādvāda, the Jain doctrine of multiple viewpoints, teaches us that no single perspective holds the whole truth.

Believing you're always right shuts out the richness of other views. Truth isn't a monologue, it's a conversation.







Letting it Go





The less you cling,  
the lighter  
you feel.



Aparigraha, a core Jain principle, means non-attachment to possessions, people, or outcomes.

It's not about having nothing, but about nothing having you. That's where real freedom begins.



Light  
enters  
through  
the cracks  
we try  
to hide

Rumi reminds us that our brokenness isn't a flaw. It's an opportunity.

When we stop covering our pain, the light of healing, love, and truth begins to shine through. What we hide is often where the divine would enter.





Hold the world  
like sand in your  
hand — firm but  
not tight

The illustration depicts a serene scene at sunset or sunrise. A woman with dark skin, wearing a yellow sari and a yellow headband, is kneeling on a red surface. She is holding a small amount of sand in her hands, and a stream of sand is falling from them. A young child, also with dark skin and wearing a yellow sari, is kneeling opposite her, looking up at the sand. They are positioned under the large, dark brown trunk of a tree with a canopy of large, rounded orange leaves. In the background, a calm body of water reflects the warm light of the sky. On the far shore, there are silhouettes of trees and a domed building, possibly a temple. The overall color palette is warm, dominated by oranges, yellows, and reds.

Bhagavat Gita teaches us the concept of 'duty', which means doing our work diligently with a sense of detachment.

Detachment doesn't mean apathy—it means engagement without obsession. Do your part with love, but don't cling to the result. That's freedom, not escape.





You're not the  
prisoner of your  
past — you're  
the author of  
what's next.



Buddhism's Anattā reminds us that we're not defined by our past or labels.

We are not fixed. We are free—to grow, change, and rewrite our story at any moment.

**Those who  
have “why”  
can survive  
almost any  
“how”**





Viktor Frankl said that purpose gives us the strength to endure even the hardest circumstances.

When you have a reason to keep going, you will always find a way.



A man and a young child are walking across a river using stepping stones. The man, on the right, is wearing a tan robe with a blue sash and has a beard. The child, on the left, is wearing a tan top and a blue skirt. They are both barefoot. The river is blue with white ripples. In the background, there are blue trees and a traditional Chinese building with a tiled roof. A speech bubble from the man contains the text: "Care about what other people think, and you will always be their prisoner."

Care about  
what other people  
think, and you will  
always be their  
prisoner.

Lao Tzu reminds us that chasing approval from others traps us.

Real freedom begins when you trust your inner voice and stop letting outside opinions steer your path.









Trusting the Flow

In the waves  
of change,  
we find our true  
direction.





Osho teaches us that change isn't something to fear, it is life's way of waking us up.

When the familiar falls away, we're pushed inward. That's where clarity begins— not in control, but in surrender.





All in  
good  
time

Bhagavad Gita reminds us that everything unfolds at the right moment.

Krishna tells Arjuna to follow the principle of Niṣkāmakarma which means action without attachment to the results, as they arrive exactly when they're meant to be.





Slow down,  
you crazy  
child.

To rest and reflect isn't weakness, it's wisdom.

In a world that glorifies speed, taking time for stillness, reflection, and purpose driven action matters. Not every step needs to be a sprint.





**Do your duty.  
Let go of the  
scoreboard.**

Bhagavat Gita teaches us to focus on our actions, not the applause.

Karma Yoga is about showing up with integrity without obsessing over likes, shares, or rewards. Peace is in the doing, not the outcome.







Growth with Peace





Be curious, not  
judgemental.



Instead of jumping to conclusions, try to understand.

When you're curious, you learn.  
When you judge, you miss the full story. Real connection starts with listening, not labeling.

An illustration of a man and a young boy standing in a field of tall, golden-brown grass. The man, on the left, is taller, with dark skin and short black hair, looking off to the side. He wears a short-sleeved polo shirt with a geometric pattern of yellow and brown triangles and a white collar, dark trousers, and a black belt. He holds a long, thin wooden staff in his right hand. The boy, on the right, is shorter, also with dark skin and short black hair, looking up at the man. He wears a plain white t-shirt, dark pants with some orange splatters, and black sneakers with white laces. The man's left hand rests on the boy's right shoulder. In the background, there are rolling hills and a small, simple building with a chimney. The sky is a warm, golden-yellow color with large, stylized, concentric circular patterns. A white speech bubble is positioned in the upper right corner.

Strength isn't in  
standing tall—it's in  
rising every time you're  
knocked down.



The life of Nelson Mandela showed us that true strength is about how many times you rise again after falling.

Resilience is the steady rhythm of refusing to give up.

**Real strength  
is quiet—it bows  
before it lifts.**





Ramayana teaches us that strength doesn't lie in being loud or dramatic. It's often found in quiet acts of humility – those moments when someone kneels to listen, to serve, or to carry the weight for someone else.

True power doesn't come from dominance. It comes from being grounded.

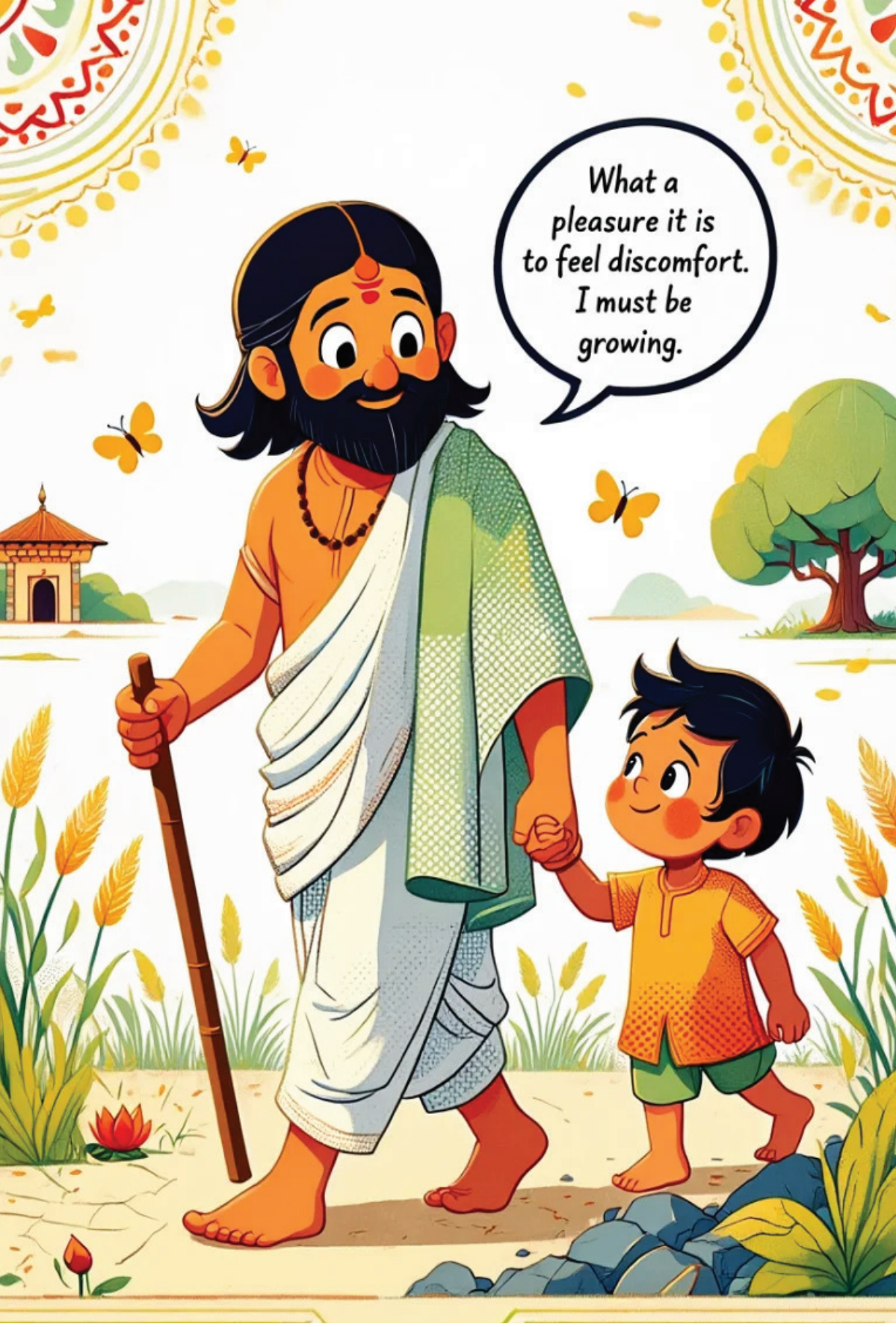
A man with a beard and a blue scarf, wearing a brown coat and dark trousers, walks hand-in-hand with a young boy. The boy is carrying a large stack of logs on his back. They are walking on a dirt path that winds through a mountainous landscape. In the background, there are steep, rocky mountains and a small village with several houses and a church spire. A river flows through the valley, and a small boat is visible on the water. A large tree with orange and blue foliage stands on the right side of the path. A speech bubble from the man contains the text: "Pain doesn't just test you — it builds you."

Pain doesn't just  
test you — it  
builds you.



Nietzsche believed that  
difficulty shapes greatness.

“What doesn’t kill you  
makes you stronger” isn’t  
just about surviving. It’s  
about using pain as fuel for  
becoming stronger, more  
creative, more you.



What a  
pleasure it is  
to feel discomfort.  
I must be  
growing.



Growth rarely feels like comfort. It stretches you, shakes you, and pushes you beyond who you are.

Instead of fearing discomfort, welcome it. It often means you're on the edge of becoming someone new.



You were born with wings. Why prefer to crawl through life?



You're built for more than  
just surviving.

Rumi's words call you to rise  
beyond doubt, beyond fear,  
into the full flight of who you  
truly are.

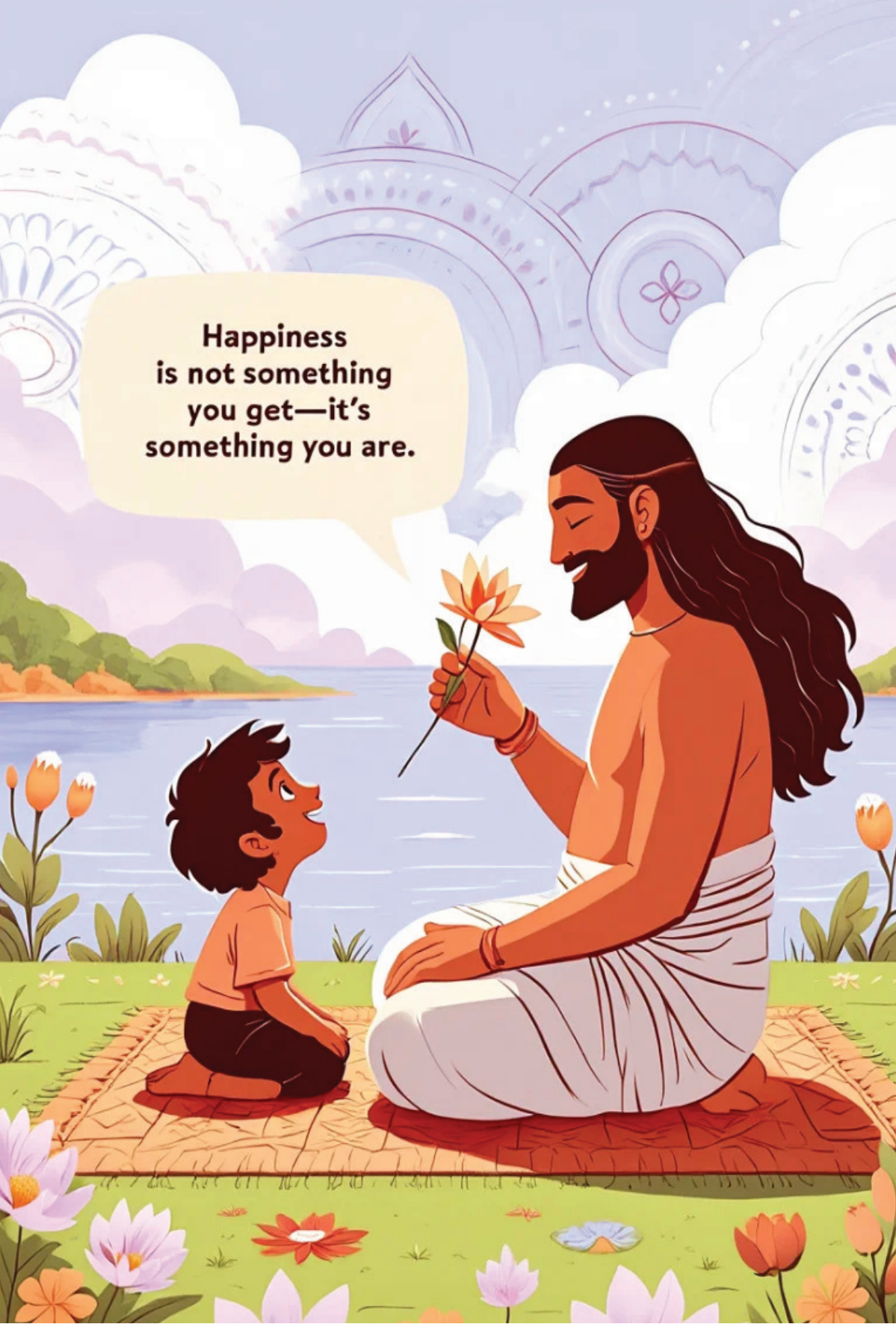






Compassion & Happiness

**Happiness  
is not something  
you get—it's  
something you are.**





Happiness isn't hidden in  
achievements or possessions.

It's your natural state and it's  
uncovered when the mind is  
still and the heart is light.



Be a goldfish



Like a goldfish, let go of mistakes quickly.

In life, holding on to failures pulls you down. Learn the lesson, then let it go. Just like kids do when they fall, get up, and run again.



Speak to yourself  
as you would to  
someone you love



Metta (Pali) or Maitrī (Sanskrit) means loving-kindness. It's a central Buddhist practice of developing unconditional love.

It is like being your own cheerleader and then cheering for everyone else too. Even for ones who are difficult to like.

Be wisely selfish and help  
others to help yourself





Dalai Lama says that the smartest way to care for yourself is to care for others.

When you show compassion, you feel more connected, less stressed, and genuinely happier. compassion isn't a charity, it is a strategy.

**Serve with  
grace, not with  
a spotlight**





In Buddhism, Karuṇā means responding to suffering with kindness and compassion.

It is about helping others while staying open-hearted and grounded, without seeking applause.

An illustration of a guru with a long white beard and a child, both in a meditative pose with hands clasped in prayer. The guru is wearing a yellow robe and a black dhoti, while the child is wearing a yellow shirt and a black dhoti. They are standing on a green patch of grass. In the background, there are stylized mountains, a blue sky with birds, and a large orange sun. A large black circle with white text is positioned to the right of the guru.

**Gratitude  
is the original  
mood booster  
with zero side  
effects.**



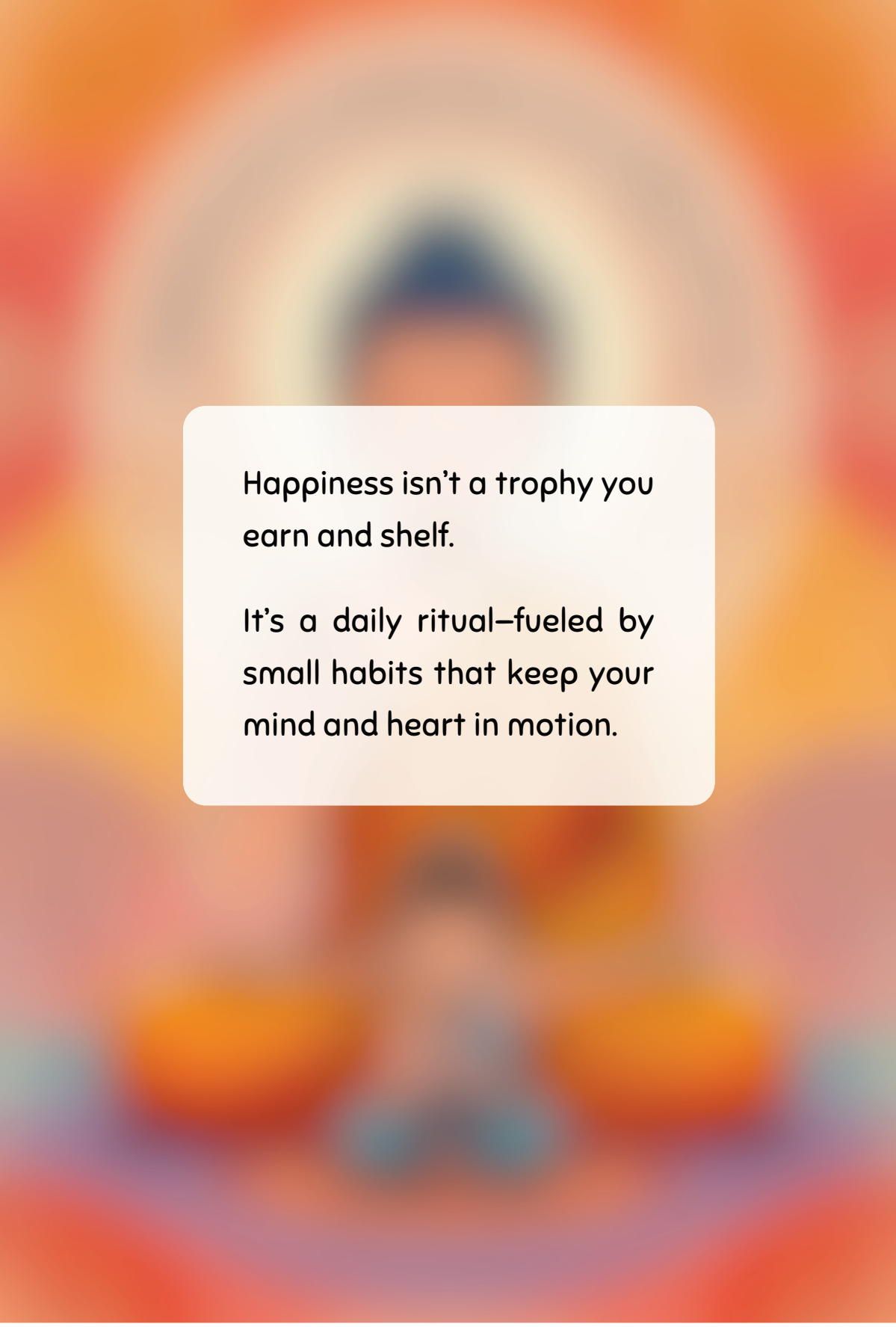
Stoic philosophers believe that happiness comes not from what you lack, but from appreciating what you already have.

Gratitude isn't just a feeling, it's training your mind to see joy, right here, right now.

Happiness isn't a finish line, it is a daily warm up





A blurred background image of a person with a rainbow halo. The person's face is centered but out of focus, surrounded by a soft, multi-colored glow that transitions through the colors of a rainbow. The overall background is a mix of warm, out-of-focus colors like orange, red, and purple.

Happiness isn't a trophy you  
earn and shelf.

It's a daily ritual—fueled by  
small habits that keep your  
mind and heart in motion.



Balance is  
the real  
breakthrough.



The Middle Path in Buddhism teaches us to avoid the extremes – too much pleasure and too much denial.

Peace comes not from excess or emptiness, but from walking the steady line between them.

## The Happy Kids



Kanupriya Jain is an experienced Human Resource professional and a keen observer of human nature. She finds joy in small stories that make people who they are and believes empathy is both a skill and a superpower.

Manudev Jain is a lifelong learner who values happiness, truth, and simplicity. As a Harvard student, he learns through presence, people, and perspectives. He believes profound life lessons are felt in stillness, found in stories, and revealed through everyday smiles.

