



# Hector and the Search for Happiness

By Francois Lelord

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**Hector and the Search for Happiness** By Francois Lelord

**Now a major motion picture starring Simon Pegg, Rosamund Pike, Toni Collette, and Christopher Plummer**

**The international bestseller with more than two million copies sold**

“Once upon a time there was a young psychiatrist called Hector who was not very satisfied with himself. . . . And so he decided to take a trip around the world, and everywhere he went he would try to understand what made people happy or unhappy.”

Hector travels from Paris to China to Africa to the United States, and along the way he keeps a list of observations about the people he meets. Combining the winsome appeal of *The Little Prince* with the inspiring philosophy of *The Alchemist*, Hector’s journey around the world and into the human soul is entertaining, empowering, and smile-inducing—as winning in its optimism as it is wise in its simplicity.

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## **Hector and the Search for Happiness By Francois Lelord Bibliography**

- Sales Rank: #97618 in Books
- Brand: Penguin Books
- Published on: 2010-08-31
- Released on: 2010-08-31
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 7.10" h x .50" w x 5.00" l, .35 pounds
- Binding: Paperback
- 192 pages

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## Editorial Review

From Publishers Weekly

This trite debut follows a psychiatrist named Hector as he attempts to understand "what made people happy." At a crossroads professionally and personally, Hector resolves to take a trip, first landing in China, where he reconnects with an old friend and encounters Ying Li, with whom he spends a night. He also meets an old monk who offers a bit of happiness-related wisdom. Having suffered disappointment in his relations with Ying Li, Hector next heads to Africa, where he makes the acquaintance of a drug lord with a depressed wife, is kidnapped, and learns that "it's harder to be happy in a country run by bad people." Next up is the "big country where there were more psychiatrists than anywhere else in the world" and a meeting with a professor of "Happiness Studies." Lelord, a psychiatrist, writes in the simple prose you'd find in a children's book, and this stylistic choice quickly becomes irredeemably grating. Though the book is an international bestseller, it is far less a novel than a maudlin self-help guide that substitutes pat aphorisms for development. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"Utterly charming..."

"Utterly charming..." *Hector and the Search for Happiness* turns psychological research into a fast-paced, enchanting story. Lelord himself is a psychiatrist, and his interest in the human mind is infectious... Fans of "Eat, Pray, Love" and "The Elegance of the Hedgehog" won't want to miss this gem of a book."

- "BookPage"

"Unexpectedly cheering."

- "The Independent" (London)

"Even the most aloof, the most detached reader will be won over by this book."

- "Cosmopolitan" (Germany)

"A feel-good gem . . . Francois Lelord has created a 21st-century hero."

- "Good Housekeeping" (UK)

About the Author

François Lelord has had a successful career as a psychiatrist in France, where he was born, and in the United States, where he did his postdoc (UCLA). He is the co-author of a number of bestselling self-help books and has consulted for companies interested in reducing stress for their employees. He was on a trip to Hong Kong, questioning his personal and professional life, when the Hector character popped into his mind, and he wrote *Hector and the Search for Happiness* not quite knowing what kind of book he was writing. The huge success of *Hector*, first in France, then in Germany and other countries, led him to spend more time writing and traveling, and at the height of the SARS epidemic he found himself in Vietnam, where he practiced psychiatry for a French NGO whose profits go toward heart surgery for poor Vietnamese children. While in Vietnam he also met his future wife, Phuong; today they live in Thailand.

*Hector and the Search for Happiness* is François Lelord's first novel, and the first in a series that includes *Hector and the Secrets of Love* and *Hector and the Search for Lost Time*.

## **Users Review**

### **From reader reviews:**

#### **Charles Greiner:**

The experience that you get from Hector and the Search for Happiness is the more deep you digging the information that hide into the words the more you get thinking about reading it. It doesn't mean that this book is hard to know but Hector and the Search for Happiness giving you joy feeling of reading. The author conveys their point in selected way that can be understood simply by anyone who read that because the author of this publication is well-known enough. That book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having that Hector and the Search for Happiness instantly.

#### **Orville Norman:**

Spent a free the perfect time to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they performing activity like watching television, planning to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book could be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the publication untitled Hector and the Search for Happiness can be good book to read. May be it can be best activity to you.

#### **Kyle Smallwood:**

Do you have something that you like such as book? The book lovers usually prefer to pick book like comic, brief story and the biggest the first is novel. Now, why not hoping Hector and the Search for Happiness that give your fun preference will be satisfied by simply reading this book. Reading addiction all over the world can be said as the opportunity for people to know world a great deal better then how they react to the world. It can't be mentioned constantly that reading practice only for the geeky man or woman but for all of you who wants to possibly be success person. So , for all of you who want to start studying as your good habit, you are able to pick Hector and the Search for Happiness become your own personal starter.

#### **Luz Cox:**

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