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Author Andrew Matthews shares, My wife Julie first suggested that we create a book for teenagers. Lots of teenagers were reading Being Happy! and Follow Your Heart. She said, Let s create a book that deals with teenage problems. Julie was the driving force behind Being a Happy Teen. We are thrilled that it has become so popular

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Andrew Matthews has an innate wisdom when it comes to understanding human nature. At least it rings true to my ears, but that could just be my opinion. He claims that some people act nasty because of low self esteem, it could just be that some people are plain nasty but the way he writes shows that he is a very good person psychologically

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Books Andrew Matthews

Andrew Matthews empowers audiences in 25 countries to enjoy their life and work. He has presented to over 1,000 conferences and conventions. Andrew is a regular conference speaker in Adelaide, Brisbane, Cairns, Canberra, the Gold Coast, Melbourne, Sydney, Bali, Dubai, Vietnam, Hong Kong, Kuala Lumpur, London, Manila, Singapore and across the USA.

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to other teens, especially in terms of the way he experiences emotions. Having bought other Andrew Matthews books in the past, & loved them, loaned them & learned from them, I figured this one would be useful for him, especially as he is going though a tough time of it all right now. He loved it, & carried it with him for a week.

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Almost 25 years old now and the second book written by Andrew Matthews, Being Happy, is still a treasure trove of information and insights into the concept of happiness. Using his amazing artistic ability to include cartoons to emphasize poignant truths, Andrew makes reading this book humorous as well as informative.

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Andrew Matthews Author of Being Happy Goodreads

Andrew Matthews is the author of Being Happy! (4.21 avg rating, 3109 ratings, 336 reviews, published 1988), Follow Your Heart (4.23 avg rating, 2036 ratings)

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Andrew Matthews author Wikipedia

Andrew Matthews is an Australian speaker and author born November 4, 1957 in Victor Harbor, South Australia. He has written numerous self help books.. He became a full-time writer in 1988. Since then he has written and illustrated 11 books. His book Being Happy! was written and published in 1988. It has sold 7 million copies and been published in 42 languages.

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