



# Why Worry? Be Happy! -- A Teenager's Guide to Achieving Joy and Happiness

By Teo Aik Cher

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Just like a roller coaster, life is full of ups and downs. Why do some people view a glass of water as half empty while others see it as half full? In *Why Worry? Be Happy!*, best-selling author Teo Aik Cher explores several reasons for why some people, especially teenagers, worry. In his creative and captivating style, he offers tips and strategies for overcoming worry and embracing happiness.

Join him and enjoy a journey of self-discovery. Find out the ways and means to lead a fulfilling life in your pursuit of happiness.

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### **Bibliography**

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### **Editorial Review**

#### **Review**

*Why Worry? Be Happy!* contains much for you to ponder. It will make you realise that there is more to life when you stop worrying. Filled with helpful tips, quotes and anecdotes, this book will put you on the pathway to living an enjoyable life without worry. --Gurmit Singh, MediaCorp Artiste, MediaCorp TV (S) Pte Ltd

#### **About the Author**

Teo Aik Cher is an educator whose words and illustrations have been featured in numerous publications. He is the author and illustrator of six best-selling books in the Why? Series: *Why Procrastinate?*, *Why Take Action?*, *Why Simplify?*, *Why be a Champion?*, *Why Study Smart?* and *Why Worry? Be Happy!*. Aik Cher's books in the Why? Series have been translated into Arabic, Bahasa Indonesia, Chinese and Vietnamese. These books have also been featured in the Popular Bookstore bestseller list and *The Sunday Times* bestseller list.

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**Edward Sullivan:**

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