

## **Die Glücksformel (The Science of Happiness)**

BILD, December 3<sup>rd</sup>, 2002

### **How can I find Happiness?**

Is happiness a feeling? A quality? A gene? A goal? A smile? A pipe dream?

**Can you learn how to be happy?** Yes.

Happiness is man's original desire. Knights searched for the Holy Grail - for eternal life. Today, we search for happiness through money, sex and eternal youth. But this is wrong. **One out of five persons in Germany is unhappy.**

Thomas Gottschalk (the famous TV-talker) is happy and rich. What was he reading on his health treatment in the Alps? **A small and clever book that conquers Germany with a smile: DIE GLÜCKSFORMEL (HAPPINESS FORMULA)** by Stefan Klein.

Who is Klein? **A wise philosopher with a white beard? A monk? A brain researcher?**

Berlin. Checkpoint Charlie. A bike stops in front of the trendy Italian bar "Sale e Tabacchi". Black suit, white shirt, designer stubble, metal-rimmed glasses. **Klein is 37.** He is **scientist**, has been **reporter for the "Spiegel"-newsmagazine and for "Geo"**. His book was sold today for the 100 000th time.

Bild asks: What is happiness?

**"Only the one who knows happiness can find it. Happiness can be learnt. When you read my book, the inside of your head will look different than before."**

What are you doing when you're not happy?

"I run. Cross-country running has the effect of a small psychotherapy. Running, swimming, dancing - **exercise makes your body happy.** You can run away from melancholy."

The fastest way to guaranteed happiness?

"What I do is **cooking.** It **is the happiness formula for everyday life.** You have a goal. Anticipation. You work with your hands. All senses are active. And you give joy and security to friends - plus a mouthful of wine. **When I want to be happy, I take a ride on my bike to the weekly market..."**

This book is *the* Christmas best-seller.