

There is No Key to Happiness, the Door is Always Open

Marc Gohres

AuthorHouse (2007)

ISBN 9781425991166

Reviewed by Narissa Johnson for Reader Views (4/07)

Marc Gohres' book, "There is No Key to Happiness, the Door is Always Open," presents a series of fifteen lessons about how to capture positive energy within your life. In another book, they would be the keys to a happy life. But, as Gohres' title points out, there are no keys; you just have to open the door.

Gohres writes from a place of contentment in his life, he has passed through a painfully difficult period and come out realizing he is responsible for his own happiness and what lessons he has learned, he wants to share with his readers. Interestingly enough, the lessons in his book are not something new – they are not overwhelmingly profound or different from anything else we have heard in some form before.

The book is short. And while it could probably be shorter still, it covers fifteen lessons about: thoughts, words, loving yourself, letting the past go, following your dreams, approaching problems by focusing their solutions, risk taking, mediation, the destructive power of resentment, avoiding presumption, the importance of not judging, that it is all about you, to reach for the stars, the good of life and the importance of setting your goals.

His lessons are not only the lessons of building a life for happiness, but also the lessons of what is universally considered a "good life." And when you need a reminder of some of the lessons on being a good person, "There is No Key to Happiness, the Door is Always Open" does the trick!