



# 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**

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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:**

#### **Joyce Matchett:**

Do you have favorite book? In case you have, what is your favorite's book? Guide is very important thing for us to be aware of everything in the world. Each guide has different aim or perhaps goal; it means that book has different type. Some people feel enjoy to spend their time to read a book. They can be reading whatever they have because their hobby is actually reading a book. Why not the person who don't like reading a book? Sometime, man or woman feel need book whenever they found difficult problem or even exercise. Well, probably you will want this Hector and the Search for Happiness.

#### **Lydia Baum:**

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#### **Elizabeth Talbot:**

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#### **Martin Williams:**

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