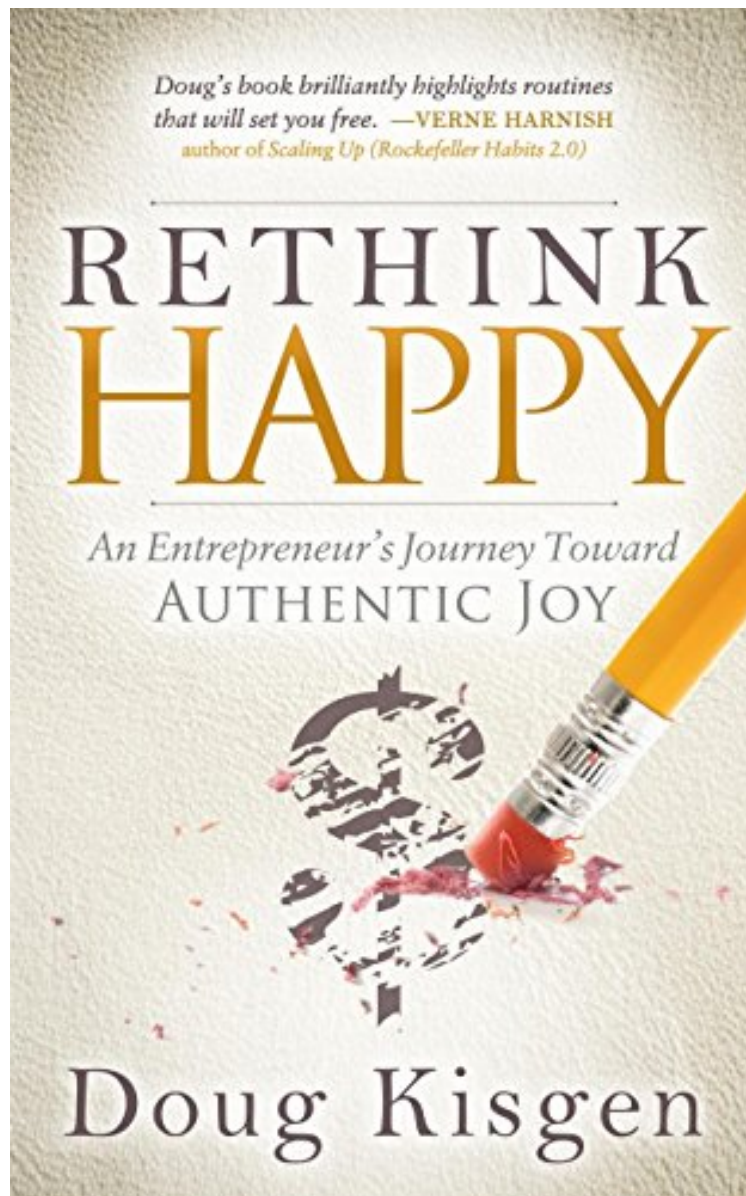


# Rethink Happy: An Entrepreneur's Journey Toward Finding Authentic Joy

Doug Kisgen

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**Doug Kisgen : Rethink Happy: An Entrepreneur's Journey Toward Finding Authentic Joy** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Rethink Happy: An Entrepreneur's Journey Toward Finding Authentic Joy:

0 of 0 people found the following review helpful. I suppose if you need the concept of being a decent person spoon-fed

to you, then "Rethink Happy" will be right up your alley. Pull your head out of your ass, don't be a selfish tw@twaffle, and you'll live a better, happier, more joyful life. Oh, and praying will help. Seriously, that's the moral of this story. Okay, so maybe it wasn't as vulgar as that, but that's pretty much the gist of this 214 pages of tedium. For me, "Rethink Happy" was a great endorsement for ghostwriting; here we have a non-writer who had a good idea, but no clue how to execute it in an interesting way. Does it make a difference that this is categorized as being geared towards those in a business management position? I really don't think it should, but maybe it does? I'm a self-employed freelancer in the literary world and I (usually) adore self-help books, but this still didn't speak to me even a little. There are a lot of adjectives I could use to describe Cleve and none of them are positive or flattering. He was the most clueless, delusional, unlikable, poor-me-I'm-such-a-victim character I've ever come across. Perhaps this was deliberate on the part of the author, but if so, it was a heavy-handed, overdone tactic that quickly got old. For me at least, Cleve would have been more relatable if he'd displayed SOME level of autonomous insight instead of having everything spoon-fed to him by Camino. "Rethink Happy" was 60-something chapters (I'll get to that in a minute) long and even as late as Chapter 40, Cleve was still whining about how hard he worked and how Camino had lost him with the current concept. He doesn't want to continue the lessons he'd supposedly learned because they're hard, he's busy, blah blah blah. Combine that with all the "you know?" and "I mean" and the picture of a whining, lazy, self-indulgent teenager was utterly complete. Camino, at least, was more interesting and I liked him quite a bit even if we do seem to have a difference of opinion on the whole prayer thing. I felt his drawing a distinction between "happiness" and "joy" to be spot on. However, I am still firm on my stance that "everything happens for a reason" is a crock. It does nothing but give people an out on responsibility or taking action; but I digress. "Rethink Happy" was something of a turn off from a stylistic standpoint as well. I didn't, and still don't, see the point of so many, annoyingly short chapters unless it was to give those with a nonexistent attention span frequent places to take a break. Mr. Kisgen tended to start a new chapter when a new paragraph would probably have been more appropriate. It might also have eliminated the numerous chapters that began with dialogue that lacked opening quotation marks. That was the most prevalent typo I noticed, but there were a handful of others. Anyone who has read my reviews knows that I'm a stickler for good editing. Bottom line: I suppose if you need the concept of being a decent person spoon-fed to you, then "Rethink Happy" will be right up your alley. On the bright side, Camino did provide some good, concrete examples of putting the concept into action, so there's that to redeem this book. 0 of 0 people found the following review helpful. The significance of the message is way more useful than the story. By S. J. Main. Although this book is a fictional story, it comes from a very real place. The Author uses two characters in his tale to express and communicate his message to the reader. The significance of the message is way more useful than the story, however, sometimes, I believe people listen and learn faster and more effectively when it is said in a tale rather than a more direct approach. What is this message you ask? How to authentically be happy with your life! Cleve is a successful businessman and has everything a person would want in life, right up until he loses it all. Camino becomes his life coach and directs him towards a journey that he has never taken before. Camino's approach comes with three fundamental principles quoted from the author "Old school philosophy and new school science towards understanding the secrets of living with authentic joy." This book is very uplifting and joyful to read. By the end of the tale, the message is clear, and it does make you wonder about your own life and have you think through the way you are currently living. Time, love, peace and sacrifice are all key to succeeding in this path of fulfillment. In addition, there are some spiritual and religious references included, in hopes of achieving happiness. Many concepts are discussed in this book the tale has a very realistic approach on triumphing setbacks in life. Struggling is what we do when we cannot find the right path to take and since living in the 21st century comes along with many ups and down, I believe that having this book on your bookshelf will definitely work in your favor especially when times are tough. Written by Jeyran Main. 0 of 0 people found the following review helpful. Very fun read! By Michael Sillers. Quick and easy read but with profound truth. This was a great check for me and my priorities at work and with family. There are definitely some habits I need to break and others I need to develop. I can attest to the connection between prayer and authentic joy as demonstrated in the story. Thanks to Doug for this encouraging and challenging work!

Are you happy? Really? Have you experienced business success and wondered if there is something more? Have you figured out how to be successful at home as well as in business? Do you struggle with finding time to think? Have you learned how to make sense of setbacks and "bad things happening to good people"? Cleve has it all. Or so he thinks. Until an apparent chance encounter with an old man named Camino causes him to realize that what he believes is happiness is merely a shadow of the joy he could experience. Yes, having money and cool cars and freedom is fun, but happiness is not a result of accumulating stuff. Told in a compelling parable format, "Rethink Happy" challenges readers to redefine authentic joy. Join Cleve as Camino leads him on a journey through three key principles of old-school philosophy and new-school science toward understanding the secrets of living authentic joy. Doug Kisgen hit rock bottom in the early 2000s when the business he was trying to grow took on so much debt that he

and his family could barely make ends meet. It was then Doug realized that success and happiness has less to do with him and his ego and more to do with something much more profound. Since then, Doug has built and sold an INC5000 Fastest Growing Company and built a consulting business with clients in fifteen states across the US. "Rethink Happy" is Doug's latest entrepreneurial venture, and the concepts he teaches through a parable format combine old-school philosophy with a little new-school science to help readers learn how to achieve authentic joy.

Recent high-profile business disasters have reminded us that intellect, degrees, and eighty-hour weeks are not the essential ingredients for business success. Told in a delightful story form, Rethink Happy captures the soul of business and reminds us that uncompromising character, respectful relationships, and a commitment to the greater good of community lead to "uncommon" success and a life worth living. --- Dan Miller, author of 48 Days to the Work You Love Scaling up a business not only takes its toll on the owner, it tends to spill over onto the family and other personal relationships, often ending in tragic messes. But it doesn't need to be this way. We like to say that "routine sets you free," and Doug's book brilliantly highlights those routines that will set you free, bringing joy to both your life and those around you. It just requires the same skills needed to grow a successful business: focus and discipline. --- Verne Harnish, CEO Gazelles and author of Scaling Up (Rockefeller Habits 2.0) Original and entertaining, Rethink Happy offers down-to-earth self-discovery lessons through a lighthearted, purposeful story. --- Mary Leonida, president and CEO, Polaris Cos. and Track Consulting Prepare to be inspired! Yes, each one of us is called to live a more authentic and meaningful life. --- John S. Archer, president and CEO, Concepts for Business About the Author Doug Kisgen is a serial entrepreneur, speaker, consultant, and personality expert. He has extensive experience in performing arts, senior care, and working with at-risk teenagers and entrepreneurs (who are much alike!). He has a Bachelor of Science in Biology, a Servant Leadership Certificate from Gonzaga Graduate School, is a certified catechist, and a graduate of the Entrepreneurial Masters Program hosted by MIT. Doug has also participated in formal spiritual direction and doctrinal formation since 2008. For the past eight years, he has been passionately engaged in learning how to achieve authentic joy. Doug uses a parable approach to sharing his insights, in "Rethink Happy" which combine old-school philosophy with a little new-school science. He and his wife of twenty-plus years have five children and live in the hill country of South Texas. Excerpt. copy; Reprinted by permission. All rights reserved. SHADOW I can't believe I've gotten myself into this mess. Why am I going to all this effort if I'm getting nothing from it? Why'd Camino have to pick me, of all the people at the game, to sit by that day? I was fine. Just fine. I was successful, had a place I felt at home, even though it was at Tony's bar and ironically, not at home. I was a good father--I mean, I provided for my kids and I didn't demand a lot from my wife. The twinge of guilt was like an arrow to my heart, from out of nowhere, as I remembered my son's reaction last night when I tried Camino's suggestion to "shoot the breeze" with him. Did I really only want to talk to him when I was pointing out something he was doing wrong? And my wife thought I came home "early" last night, even though it was a good two hours after I left the office. Okay, so maybe I'm not going to get Father of the Year or the Husband Achievement Award, but my kids get pretty much everything they want and my wife can go shopping anytime. I was just thinking about that at the game the other day. I've got it pretty good. I mean, things could always improve, right? What was it I was daydreaming about that day? Before Camino pushed his way into my life? Oh yeah, I was thinking about the trip I'd cancelled with my son. Again. Ah yes, there's that familiar feeling of failure now. I wasn't even watching the game, and suddenly I'd felt a presence. A shadow fell over me, blocking the sun. As I wasn't seated within peanut-throwing distance of anyone else, naturally I looked up to see who could be blocking my sun. The tall stranger didn't say a word. Just took a seat (c'mon man!) right next to me. Okay, just ignore him. Don't let anybody spoil this time. It's me time! C'mon, Cleve. Back to the smell of the grass, the taste of the cold beer in your hand. This is the life! Am I right? I'm free to do this--that's the American dream, right? THE INTRODUCTION Out of the corner of my eye, I noticed he was watching me out of the corner of his. Dang it, Cleve. You know the first rule is NEVER MAKE EYE CONTACT. I nodded. He nodded back. Well, this is just going swimmingly. Can I just ignore him now? Sighing, I leaned forward, hoping to avoid any conversation. Apparently, he felt the same way, because he leaned forward too, as though to really grasp the situation on the diamond. I relaxed a bit. Maybe I really could get through this. "So, what do you think?" The question came out of nowhere. I glanced at him again. "Excuse me?" I was trying my best not to be rude, but man, he sat right next to me in a section full of empty seats. This was "me" time and it was sacred.