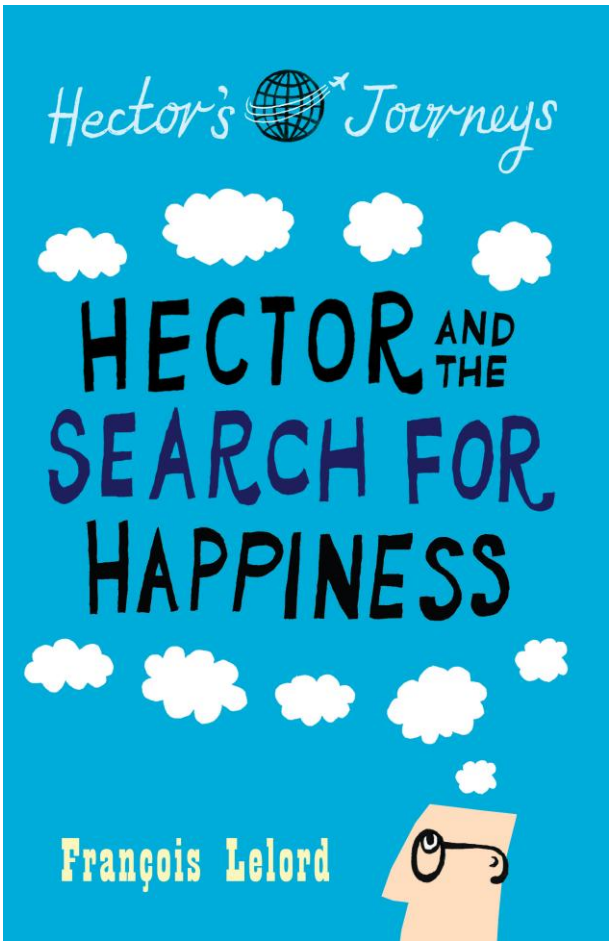


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# Hector & the Search for Happiness

## The first of Hector's Journeys

François Lelord

**The Book**:

Can we learn how to be happy?

Hector is a successful young psychiatrist.

He's very good at treating patients in real need of his help. But many people he sees have no health problems: they're just deeply dissatisfied with their lives. Hector can't do much for them, and it's beginning to depress him.

So when a patient tells him he looks in need of a holiday, Hector decides to set off round the world to find out what makes people everywhere happy (and sad), and whether there is such a thing as the secret of true happiness…

Over a **million readers** worldwide have engaged with psychiatrist François Lelord's modern fable. Narrated with deceptive simplicity, its perceptive observations on happiness offer us the chance to reflect on the contentment we all look for in our own lives.

'More like Tintin than Freud' **François Lelord on Hector**

'Intelligently naïve' **Marie Claire**

**Soon to be a major film from the makers of The Last Station starring James McAvoy, Helen Mirren and Anne-Marie Duff.**

**Hector's Journeys coming in 2010:**

- **Hector and the Secrets of Love**
- **Hector in Pursuit of Time**

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