



# Jeremy Hardy Speaks to the Nation: How to Be Happy and Other Shows

*Jeremy Hardy*

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**Jeremy Hardy Speaks to the Nation: How to Be Happy and Other Shows** Jeremy Hardy

"By my calculations, only about one in 10 people throw open the curtains in the morning and feel glad to be alive. The rest of us wake up feeling as if we've been savagely beaten."

Jeremy Hardy relates to his audience on matters ranging from the mundane to the extraordinary in his fourth series, imparting on his audience, with the sense of irony and hilarity that has won him two Sony Awards, the key to a better life: exactly How to Be Happy.

In addition to this life-affirming pearl of wisdom, Jeremy Hardy also delivers hilarious and often disturbingly accurate thoughts on his take of life's most important lessons, such as: "How To Be A Man", "How To Bear Up Under the Strain", and "How To Improve Your Mind".

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