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Book Review: Author Alexi Panos '50 Ways to Yay'

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Finding Happiness 50 Ways to Yay!

Photo by Mitchell Leff/Getty Images

50 Ways to Yay!: Transformative Tools for a Whole Lot of Happy Book

Rating: ★★★★★

Alexi Panos starts the introduction of her book by letting us know that she herself was a student on the quest to discover her own personal [happiness](#). She herself studied with great masters in psychology, philosophy and personal development.

Alexi was born in Erie, Pennsylvania, has lived in New York City and California. Alexi became a part of the arts and entertainment industry at a young age. She seemed to have it all as a TV host, athlete, author, designer, builder, producer, philanthropist and famous model; but yet she found herself feeling empty and stressed.

As we are slowly guided through the chapters we feel a connection with Alexi because she provides us with examples of her own personal mistakes that she changed. Examples of people she knows who have gone through difficulties are also referenced throughout the book. The chapters end with self-reflection, quotes and each chapter provides you with a mission. The chapters are short and straightforward.

Alexi's advice includes reminding us to let go of our attachments, that we were born with nothing and we will leave the earth with nothing. We need to be more aware of the fact that we are the creator of our own experiences and that life is full of risk. Some of us are not dealt with a good hand at birth but the cards can be changed. We need to take responsibility for our lives and our future. Surround ourselves with the type of people who can be role models or share similar positive beliefs. You are unique; fulfill your own desires, not the desires of others. Keep your eye on the prize and remember that you attract what you give out.

I received a copy of this book from NetGalley. Alexi's 50 ways to improve your life are simple, memorable, thought provoking and each chapter will leave you wanting more. This is the type of book that you carry in your purse and reference when you want to feel inspired and motivated. Alexi herself has been named one of ORIGIN Magazine's TOP 100 CREATIVES CHANGING THE WORLD and dubbed one of 11 NOTEWORTHY MILLENNIALS by Huffington Post. She practices what she preaches, Alexi has facilitated global leadership training programs around the world through her non profit E.P.I.C. (Everyday People Initiating Change) that give people the tools they need to implement global giveback initiatives to communities in need. This non profit E.P.I.C. donates 100% of all donations to their projects. Stay tuned this book will be the beginning of a series of [books](#) published by Alexi under this publishing house.

Alexi's mission is to empower ONE BILLION people to harness their unique gifts in order to create a Compound Inspiration Effect that truly changes the world. The book **50 Ways to Yay!: Transformative Tools for a Whole Lot of Happy** is available as a paperback and in ebook format. You can learn more about Alexi Panos and her writing by going to her website, [Amazon](#) and other retailers.



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