



# Grow Up!: How Taking Responsibility Can Make You A Happy Adult

*Frank Pittman*

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## **Grow Up!: How Taking Responsibility Can Make You A Happy Adult** Frank Pittman

Learn the Secrets of Happiness

In a culture that glorifies the carefree pleasures of youth, we are often preoccupied with the search for happiness and complain when the reality of adult responsibility pulls us farther and farther away from our adolescent hopes and expectation. But with remarkable wit and irreverence, Dr. Frank Pittman reassures us that all adults can, indeed, achieve happiness. His solution fo this modern malaise is refreshingly simple: Grow up. Stop confusing happiness with self-indulgence and learn to appreciate the simple pleasures in life. Dr. Pittman cleverly blends his professional wisdom with cultural paralells, weaving references to film, literature and other modern-day icons with his own experiences and case studies. With a clear sense of optimism and ethusiasm, he illustrates the rewards that accompany the transtion into adulthood. He takes on gender role, marriage, parenting, divorce, and depression and reveals some of his secrets of living happily. Revealing that the true essence of happiness stems from personal honor and integrity, Dr. Pittman urges adults to reconsider their roles in their families and society, because "knowing that we have the power to increase the level of happiness in the world may be the ultimate secret of happiness."

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