



You Can't Ruin My Day: 52 Wake-Up Calls to Turn Any Situation Around

By Allen Klein

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You Can't Ruin My Day contains 52 themes to help readers take back their power and not let other people or other situations ruin their day. Each of these themes has three sections: Wake-Up Call (the potential day-ruiner); Follow-Up Exercise (practical steps to turn it around); and Lighten-Up Laugh (gaining a fresh perspective and moving right along). Keep these tools in your arsenal of things to help you maneuver around roadblocks, setbacks, or upsets you might encounter on any given day. Each of the 52 stories and wake-up calls in the book are amazing and inspiring. One couple lost almost all of their money to Bernie Madoff and his Ponzi scheme; instead of bitterness, they chose to learn from their mistake and move on. From getting a parking ticket to family squabbles to life-changers such as the loss of a job, Klein offers wisdom, good humor, and coping skills that improve the quality of life. You Can't Ruin My Day is designed to help you unload the burdens you have been carrying around with you. The book is not only filled with wise words but also inspiring stories and anecdotes, insightful and motivational quotations, and lighthearted and laugh-producing material.

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Editorial Review

Review

"Everyone who ever got a traffic ticket should read Allen Klein's creative new book, *You Can't Ruin My Day*. Heck, even those who haven't gotten a ticket should read it because they are probably bummed out about something else. This book is designed to help people all year long. What a wonderful gift to readers."
—Dave Lieber, columnist, *The Dallas Morning News*

"If you are feeling that life has got you down, you might want to set your alarm clock to Allen Klein's wake up call, *You Can't Ruin My Day*. Klein gives step-by-step ideas on how to laugh in spite of the dog poop you just stepped in."
—Judy Carter, author of *The Message of You*

"A delightful, insightful read, full of wise words, and inspiration. Allen Klein shows us how to lighten up, cultivate an attitude of gratitude and humor, and accept our day, no matter what happens."
—Pragito Dove, author of *Laughter, Tears, Silence: Expressive Meditations To Calm Your Mind and Open Your Heart*

"With wisdom, good sense, and humor, Allen Klein has written a very valuable guide to facing and rising above the challenges of being human. This handbook for living is full of wonderful suggestions, tools, and anecdotes. It is a great read."
—Judy Tatelbaum, LCSW, author of *You Don't Have to Suffer*

"Allen Klein's books are always funny, always beautifully written, but this one is so much more. With this book as a daily companion, your experience of your life will truly be transformed. I, for one, intend to keep it permanently on my bed stand."
—David Friedman, author of *The Thought Exchange; Overcoming Our Resistance to Living a Sensational Life*

"Allen reminds us that you truly can celebrate anything and everything in your life. It's all in how you choose to experience the experience."
—Scott Friedman, author of *Celebrate! Lessons Learned from the World's most Admired Organizations*

"Every day is filled with a multitude of circumstances that can potentially send you spiraling down a rabbit hole of distress and unhappiness. But, as Allen Klein so brilliantly points out in *You Can't Ruin My Day*, you have a choice as to whether or not you allow these circumstances to rob you of your happiness and peace of mind. Filled with words of wisdom and inspiring stories, this book is a must-have to keep nearby and open at any time you need a wake-up call to claim your power and feast on the gift of life."
—Susyn Reeve, author of *The Wholehearted Life: Big Changes and Greater Happiness Week By Week*

"Allen Klein's book will help you change life's dilemmas into dilemmas-aid, recharge your brain and help you smile."
—Joel Schwartz, M.D., psychiatrist

"A wise, witty and immensely readable guide to recovering from our everyday losses and living life to the

fullest!"

—Matt Weinstein author of *Dogs Don't Bite When A Growl Will Do*

"Allen Klein has assembled some of the greatest wisdom ever offered. And it's all here to use for lightening your load and finding your happiest pathway." —Steve Wilson, psychologist, founder of the World Laughter Tour, Inc.

"As someone who is passionate about helping people live a better life, I am thrilled about this book. It is filled with simple-to-implement ideas, uplifting humor, and great stories to help readers focus on the good stuff."

—Mike Robbins, author of *Nothing Changes Until You Do*

"You can't ruin my day, Allen Klein! On the contrary, you've improved it with your wonderful words of wisdom (and those of Thornton Wilder, Mother Teresa, Wayne Dyer, George Carlin and Dr. Seuss, among others). Your 52 "wake-up calls" provide your fortunate readers with pearls of profundity punctuated with levity. As we all improvise through this "dramedy" of life, we are lucky to have you as a guide to avoid the road to ruin and to live a life of joy." —Brad Nieder, M.D., The Healthy Humorist

"America's #1 'Minister of Mirth' and foremost 'Jollytologist,' Allen Klein, has once again delivered a magnificent book guaranteed to lighten your day and bring Joy to your Heart. *You Can't Ruin My Day* is a delightful, easy-to-read, free-flowing river of inspirational, insightful stories and ideas. In concise, simple language, Allen illustrates how easily we can improve our experience of life simply by applying some gentle wisdom and some light-hearted insight to the difficult situations we encounter. Your life will be graciously enhanced by reading—and digesting—this precious book. I HIGHLY recommend it!!!"

—John E. Welshons, author of *One Soul, One Love, One Heart and Awakening From Grief*

"Allen Klein has written a book that helps you to learn to make every day a good day! I recommend you read it and then re-read it and then share it with everyone you know. You, and everyone you know, will have better days!"

—Dr. Willie Jolley, Hall of Fame Speaker, Best Selling Author of *A Setback is a Setup For A Comeback* and TV & Radio Personality

"*You Can't Ruin My Day* provides an important wakeup call reminding us that happiness is a choice even when life seems to conspire against you. Klein's humor, fresh style and wisdom help the reader effectively move from insight to action."

—Shawn Achor, happiness researcher and NY Times Bestselling Author of *The Happiness Advantage* and *Before Happiness*

"No matter the challenges in your life—large or not so large, constant or occasional—Allen Klein's magic combination of deep wisdom, broad experience, good will, and good humor in *You Can't Ruin My Day* will get you through with style and grace. And you'll have a grand time reading it too!"

—David Kundtz, author of *Quiet Mind: One Minute Retreats from a Busy World*

Praise for Allen Klein's previous titles:

"I am always looking for ideas that help people enrich their life. This book does just that.

I highly recommend you read it and embrace its wise, and sometimes witty, words. They will feed your soul, lift your spirits, and help you live a fuller, richer, and more joy-filled life."

—SARK (Susan Ariel Rainbow Kennedy) Founder and CEO of PlanetSARK

"Allen Klein has a way of authentically bringing the gift of humor to every aspect of life. Yes, let laughter and a sense of humor bloom where you are planted and watch the joy you bring to yourself and others. *The Art of Living Joyfully* reminds you to choose laughter as your companion every day. Don't just buy this book—live it!"

—Terry Paulson, PhD, author of *The Optimism Advantage* and *Making Humor Work*

"Allen Klein has done it again, in *The Art of Living Joyfully* he gives us the common sense advice that nourishes joy in all areas of our life. If you are hungry for more joy in your life, then this is a must have book. Open it to any page and all good cheer to embrace you from the inside out."

—Susyn Reeve, author of *The Inspired Life*

"The beauty in Allen Klein's work is clear. Be it tragic or triumphant; celebratory or challenging, regardless of the situations that life throws at us, Allen teaches and gently reminds us to indeed laugh loudly, love passionately and live our lives joyfully. Let Allen inspire you and help you embrace and celebrate the joy in your life and in the life that surrounds you"

—Carole Brody Fleet, author of *Happily Even After* and *Widow's Wear Stilettos*

"Words to live by are just words, unless you actually live by them. Take these words and love them—take these words and LIVE them!"

—BJ Gallagher, *It's Never Too Late to be What You Might Have Been*

"The world's only Jollytologist is the one I turn to when I need jollyng. I love that Allen Klein got into the business of joy when he learned the healing power of humor and has been on the case even since. *The Art of Living Joyfully* will take up permanent residence on my desk and within easy reach so I can get morning reminders of how to be happy EVERY DAY!"

—Nina Lesowitz, author of *Living Life as a Thank You*

About the Author

Allen Klein is an award-winning professional speaker and author. His books "Quotations to Cheer You Up When the World is Getting You Down" and "The Lift Your Spirits Quote Book" have sold over 500,000 copies. Klein lives in San Francisco.

Users Review

From reader reviews:

Karena Figueroa:

Do you have favorite book? Should you have, what is your favorite's book? Guide is very important thing for us to be aware of everything in the world. Each book has different aim as well as goal; it means that e-book has different type. Some people experience enjoy to spend their time for you to read a book. They are reading whatever they consider because their hobby will be reading a book. Think about the person who don't like studying a book? Sometime, man feel need book once they found difficult problem or even exercise. Well, probably you should have this You Can't Ruin My Day: 52 Wake-Up Calls to Turn Any Situation Around.

Edward Lott:

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