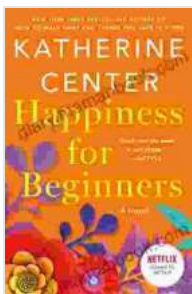


# Happiness for Beginners: A Novel of Love, Loss, and Second Chances

Happiness for Beginners is a novel by Katherine Center that tells the story of Helen Carpenter, a woman who is trying to rebuild her life after her husband leaves her. Helen is a stay-at-home mom who has never had a job outside the home, so she is feeling lost and uncertain about her future.

One day, Helen decides to take a dog obedience class at the local animal shelter. She is paired up with a volunteer named Jake, a former Marine who is struggling with PTSD. Helen and Jake form an unlikely friendship, and they begin to help each other heal their wounds.

As Helen and Jake spend more time together, they start to fall in love. However, they both have their own baggage to deal with, and they are not sure if they are ready for a new relationship.



## Happiness for Beginners: A Novel by Katherine Center

★★★★☆ 4.6 out of 5

Language : English  
File size : 1948 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 322 pages

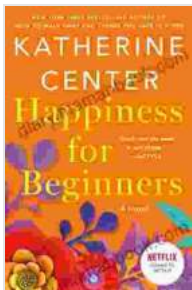


Happiness for Beginners is a story about love, loss, and second chances. It is a heartwarming and hopeful novel that will leave you feeling uplifted and inspired.

- **Helen Carpenter:** A stay-at-home mom who is trying to rebuild her life after her husband leaves her.
- **Jake:** A former Marine who is struggling with PTSD.
- **Mo:** The dog that Helen and Jake train together.
- **Hannah:** Helen's best friend.
- **Ethan:** Helen's ex-husband.
- **Love:** Happiness for Beginners is a story about love in all its forms. It explores the love between Helen and Jake, the love between Helen and her friends, and the love between Helen and her dog.
- **Loss:** Helen has lost a lot in her life. She has lost her husband, her home, and her sense of identity. However, she is slowly learning to rebuild her life and find happiness again.
- **Second chances:** Happiness for Beginners is a story about second chances. Helen is given a second chance at love and happiness, and she takes it with both hands.

Katherine Center's writing style is warm, funny, and compassionate. She has a gift for creating characters that are both relatable and lovable. Happiness for Beginners is a well-written novel that will stay with you long after you finish it.

Happiness for Beginners is a must-read for anyone who has ever experienced love, loss, or second chances. It is a heartwarming and hopeful novel that will leave you feeling uplifted and inspired.



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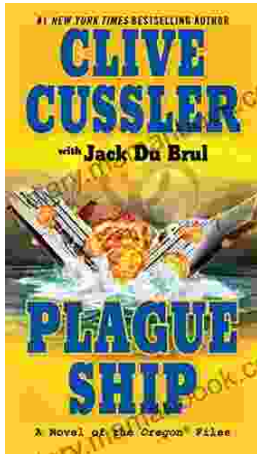
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