

Helen signs up for a wilderness survival course, a year after getting divorced. She discovers through this experience that sometimes, you have to get really lost in order to find yourself.

Title	Happiness for Beginners
Samples can be viewed on the website.	https://www.netflix.com/th/title/81418617
Category	Foreign movies
Genres	Comedy / Drama / Romance
Director	Vicky Wight
Runtime	103 minute
Actor/Actress	Ellie Kemper, Luke Grimes, Nico Santos

