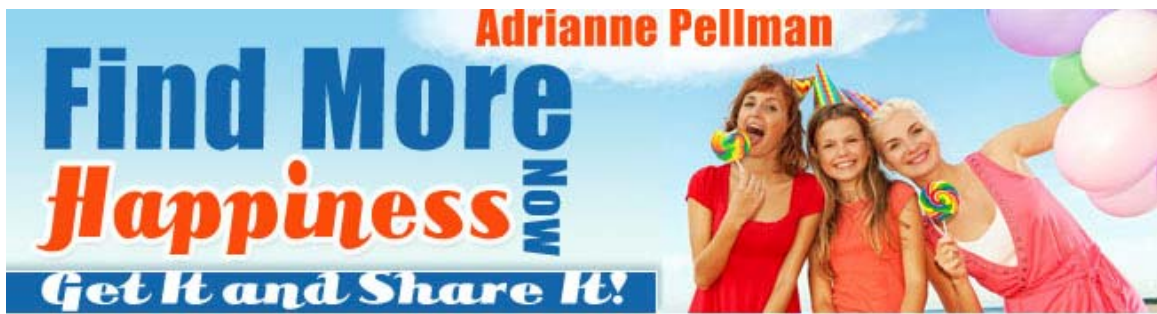


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About the Author

Adrienne Pellman is a fairly typical person with a demanding job and busy social life.

Adrienne knew that her readers would all have different goals and resources. She used her personal experience and knowledge to start the book.

Then, she looked for the views of many people in widely different fields as well.

Adrienne is grateful for the generous assistance of every one of them.

She also was overwhelmed by the feedback from family and friends during the time she was preparing the book.

She said, "I was particularly grateful for those who questioned some points. I am sure that those discussions have helped make this a better book in various ways."

"I focused on making the book easy to read so you can get started quickly on those suggestions which most appeal to you."

Adrienne said that many of us don't recognize many positive things in our lives. She knows that her book will show us how to Get More Happiness with little effort or time!

Introduction

This book is easy to follow and does not require acceptance of any particular philosophy or beliefs.

Happiness can mean different things to each of us and our own views about what makes us happy change as we gather more experiences and change our circumstances.

Whatever your particular circumstances, I am sure that you will get some ideas and techniques which you can use to improve the amount and quality of happiness in your life.

You could start with many of the suggestions almost right away.

But, I recommend that you read the whole book first. That gives you a general idea of each section.

You might find some techniques in different parts might work better for you if you combined them together. Or, there could be something in a later section which you like better than an idea you saw in an earlier part of the book.

After you read the book, skip through it again to find those bits which look most useful to you.

With each of those ideas, think a little about how to best apply it in your own life so that you get the best value from it.

Then, get started.

The two biggest blocks to succeeding with a new idea are:

1. Not tuning it to fit with your way of doing things.

Everybody thinks and does things a little differently. Few techniques will work 100% for you without some thought and careful adjustment.

The time and thought will help ensure that you get the best possible results with minimum problems.

2. Waiting for the "right time" to try it.

The best time to try something which you believe will improve your life is now.

If you wait, you may find that other factors will block your way.
Opportunity knocks, but never waits for us to get ready!

You will miss out on enjoying the benefits which the change may have brought you and your family in the time you were delaying your start!

The benefits from getting more happiness in your life are mostly obvious. I know from my experience that some are just waiting for us to recognize them and their value.

People with frequent or serious depression need to talk to their doctor, who can advise them whether they may benefit from professional help.

What Happiness Really Is

Many people chase happiness without ever thinking about what they are actually looking for.

Every person has a definition which is unique to them.

Happiness is not something we own, however much we enjoy using it.

Happiness is not a destination or a reward.

It's not a cure for depression.

People can be happy and depressed at different times on the same day.

True happiness is a feeling which helps us to:

Enjoy the good things in our lives, both big and small.

Deal with disappointments and even major challenges in our lives.

Inspire you to put your best efforts into whatever tasks we have to do.

Encourage other people to interact with us.

Many people attach their happiness to something they have or desire. This means that their well-being becomes dependent on the external factor. If somehow they lose that, they will find it very hard to recover.

If your happiness is based on appreciation of everything good which you encounter, you are more likely to be able to pick yourself up and still progress.

Sharing with others makes most of them feel happier as well.

Some people may feel envious of you or just be so fixed in their own negative thoughts they cannot absorb the pleasant vibes you send their way.

Maybe you know someone like that and you'd like to help them? It's a worthy ambition, but the best way I know is to be as happy as you can and some might rub off on them.

If you try to shift them out of their sour moods, they might become even more envious or start to affect you with some of their negativity.

This book shows you how to find more to be happy about.

An important part of that is helping you to deal with the dips in your road through life and especially the after-effects from disappointments you have had.

I've kept everything as simple as possible. There's no technical terms, no strenuous exercises and no special philosophy which you need to learn.

Get Your Happiness Here!

We all like to be happy. Some people believe that we can be happy all the time.

But, life will never be like that.

Everyone's life has periods of drama and sadness. They are inevitable.

If you have a positive attitude, a genuinely good life and a store of happy



memories, you will be able to deal with whatever life brings you much better.

You will get more enjoyment from the good times. You are also likely to have more of happy experiences because you will be focused on them and not the bumps in the road you travel.

You will handle the hard times with relative ease and minimize their impact on you.

Most importantly, you will be able to help other people deal with their bad times as well.

You know that sad times pass, just like the happy times. But, you can expect more happiness in the future if you look up rather than down.

Complaining about the weather will not change it – just make us less prepared to deal with it and get on with our lives.

The Best Examples of Positive Attitudes.

I've worked with people that had major challenges to just get through each day. Many had major accidents, others had physical problems which made simple tasks a challenge,

What impressed me was the attitude of the vast majority; they were among the most cheerful people and enthusiastic I've ever met.

They were not happy every minute.

But, their usual focus was on the best parts of their current situation. They looked forward to more enjoyable experience and successes, and that made the limitations they could do little about have less effect on them.

It certainly didn't stop them from socializing, playing some sport and making a contribution to their communities.

The example they set, without fanfare, helped me put my daily disappointments in a much more realistic perspective.

They helped me adjust my way of thinking and improve how I dealt with each day.

They reinforced the idea that everyone can find some happiness in every day if they just take the time to look for it.

It is Up to You

Although many people can help you to become happier, the most important lesson is that the final results you get are up to you.

This is where a lot of people falter. They believe that they are victims of their upbringing, their current circumstances, had influences which caused them to make harmful decisions or some other external cause.

All of these factors can create real barriers but most can be overcome if we accept the responsibility and apply ourselves to making the best of the hand we have.

Instead of staying focused on our problems and external limitations, we need to clear our minds and focus on what we can do to bring more happiness and other benefits to us and our family.

It won't always be easy, but it's a better choice than to stay where we are, bogged in despair and adding to our store of disappointments every day.

Just remember that we can expect more of whatever we expect. If we focus on bringing more enjoyment into our lives, we will have more in the future.

But, how much will depend on how strongly we work towards that result.

A positive attitude will help, but we need to reinforce that by using our talents and resources to the best advantage we can.

That's because we will be under pressure from negative people and events each day.

We will have to resist wasting our time and money on things which will become clutter in our homes and an ongoing expense to maintain and finally dispose of.

We will have to stay focused on what really is important to us.

If we have problems in our relationships, we need to work on them and then make sure we don't let them unravel again.

The Power to Attract!

You've probably heard the old saying, "Like Attracts Like".

Of course, there are some things, like magnets, which don't act this way.



Some couples have established lasting relationships in business or personal areas with people who seem to be very different in outlook.

But, the saying is true for most people and many aspects of our lives.

If you focused on negative aspects of your past and project that as the sort of future you expect to have, you will probably spend more time with negative people than enthusiastic ones.

When you begin to develop your ability to find and appreciate happiness in all its forms, you start to find more positive and enjoyable situations all around you.

Being open to new experiences will help you to make meaningful connections with more people who think like you.

Your interactions with them will be more enjoyable and useful.

You will meet more people through your new friends and opportunities for business or personal interactions will multiply.

Your old friends will still be there and some may start to be more positive in their outlook as well.

But, if not, you will become better insulated from their negativity.

Some people will try to become happier by just assuming a more positive public image but that will never last if they continue to feed negativity to their own subconscious.

Fixing Problems: Head-banging or Taking Action?

Problems are like dandelions.

- Some problems are harder to deal with than others.
- They are everywhere.
- Worrying (head-banging) about them is useless.
- That will just give them time to push their roots deeper and spread more around the area.
- They won't go away if you don't take action.
- You can't expect anyone to fix your dandelions unless you pay them or ask for help.
- So, deal with them.

If you don't have the knowledge, do some research.

Find out what you need to do.

Get some help from friends or a professional source.

Get as much value from the experience as you can. My father said he never met a problem which he didn't learn something from.

Then, you can deal with any similar problem more easily in the future. And, you will be able to help other people, especially friends or family, when they have similar problems later.

If it was a big enough problem, you could write a book or an article to sell to others who could have similar problems.

You could meet people in the course of dealing with the problem that become trusted friends or suppliers in the future.

Or, you could just sit down, have a beer and bang your head!

You Can't Change the Past

Our past can have a great influence on our future, for good or bad.



Unfortunately, many people generally focus on mistakes and disappointment which blighted their lives rather than the victories and happier memories which were also part of their history.

The bad spots made a terrific impression on them and they often revisit old arguments or relationships which they wish had ended differently.

Although they know that they cannot change those outcomes or get any satisfaction from the other people involved, they repeatedly run those memories through their minds.

That has serious effects on their self-confidence and their ability to deal with newer challenges which they encounter.

Because the subconscious accepts whatever information we put into it as fact, it acts as if that person is no better equipped to handle similar problems as they were in the past.

If we focus instead on small or large victories and successful relationships which we've had, then our self-esteem builds and our subconscious will reinforce our confidence when other challenges appear.

If you have been told many times that you are not good enough at something, you tend to believe it and act accordingly.

But, everyone changes as they go through life. Is that criticism valid now, if it ever was?

If you are not good at chess, that doesn't mean that you cannot understand strategy. Neither does it mean that you cannot become better at chess if you put some effort into that task when you have some time and a reason which is important to you.

Take Time

Most people could add significant enjoyment to each day by giving themselves more time to enjoy it.

Time is very valuable.

But, we take it for granted and fill it with frantic activity, instead of slowing down a little so that we can appreciate the experience and not just set speed records.

If you look for and appreciate it, every minute has some value to you.

But, we can ignore the value of what is around us if our mind is conditioned to focus on some future problem or a past regret.

If we spend our time revisiting past mistakes and disappointments, we have wasted the time and make ourselves unhappy.

When you are having a conversation, do you focus on what other people are saying? Or, do retreat inside your own head to work out what you will say next?

People will respond more when they know you appreciate them.

All salespeople are taught that they will get more sales if they create a connection between their product and the needs of the person they are talking to.

If they make some genuine connection with the person, not just look at them as a prospect, they are more successful and the customer will probably be more satisfied.

It's the same with all other aspects of our lives.

People won't care about what we say until they know we care about them.

Pets can Teach Us a Lot

Most people have a pet of some kind at some time in their life.

We know here are many benefits which we get from the relationship with them.

There are some significant differences between the basic attitudes of dogs, cats and other pets. But they all have qualities which we could learn from.

Whether you had a cat, dog or some other pet, you may not have realized they can also help you to learn how to enjoy other aspects of your life more fully.

They are, as far as we know, unable to understand the concept of later. They deal with their time moment to moment.



When your dog is enjoying a game, or even just digging a hole, it never starts worrying about the dirt on its paws, what it's going to have for dinner or that it can't dig as good a hole as some other dog.

It enjoys the moment!

Pets enrich every day we have them and they are especially valuable for children.

Our animals are rarely bored.

If you walk or jog, you probably find the same route becomes a little boring. But, when you take a dog over that same area, they always find something of interest.

That can increase your own enjoyment of the session. Having a dog with you can also encourage people you meet to smile and even start a conversation.

Kids love the pleasure of sharing their time with a pet. Wise parents can help them to learn something about being responsible for another creature at the same time.

Pets also can help children learn about loss. Most domestic animals don't live as long as we do, so we always face the inevitable day when we have to say goodbye.

But, we don't have to focus on that – we have years of wonderful companionship, games and the knowledge that we have enriched their lives all the time while they made ours more enjoyable.

One elderly lady said that she had been doubtful about getting a pet at her age in case the dog outlived her.

But, she turned that worry into a positive for both of them. She told me that she had made a small bequest in her will that would go to a relative who had agreed to give the dog a good lifetime home if the worst happened.

"And, she added with a smile," I walk the dog every day. We both enjoy that and it will help me to stay here with her for a bit longer!"

Taking Stock

The first step to becoming a happier person is to take stock of all the factors which influence your current situation.

But, it is very important how you review your situation.

We can't expect to improve our situation and prospects if we don't have a clear idea of what factors are blocking our way or leading us into useless detours.

Most important is to have a full check by your doctor. This is common sense but many people have various excuses for avoiding it:

- ▶ **It's expensive:** The fees have risen markedly over the last few years in most countries but annual or semi-annual check-ups are the best insurance to help you avoid bigger and much costlier medical bills.
- ▶ **They order other costly tests:** This does happen. But, you should be able to tell if your doctor does this fairly quickly. If you don't have confidence in your doctor, ask friends and family members who they recommend. You want a doctor which you are comfortable to have treating your family, don't you?
- ▶ **They might find something bad!:** This is a common source of worry. People think of the effects on their employment and the surgery which they might have to have. But, the earlier a condition is diagnosed and treated, the easier the treatment is likely to be.

Your uncertainty about your actual state of health will cause more worry. That worrying might actually have some negative effect on your health over time.

Our subconscious absorbs messages from what we hear and what we say, including the constant stream of messages which we send to it in every waking moment.

When we tell ourselves that we cannot do something very well, the subconscious accepts it without trying to confirm whether or not it is correct.

After a while, the stream of negativity creates patterns in our mind which cause us to be less confident and willing to accept less than we could achieve.

Talk Yourself Happier

We can't stop those messages but we can control the content.

It won't be easy because we have probably fed negativity to our innermost selves for years.

And, we can't expect it to happen just by us trying to feed positive messages when we remember to. There will still be too many negative messages getting through.

But, we can make these changes with less effort and get better results in less time than you might realize.

Sharing and Giving

There are many ways to improve the amount of happiness which you enjoy in your daily life.

One of the most effective and rewarding is to share your happiness with others.

I've seen many people who have increased their own happiness by helping others.

This might be in an organized way by volunteering your time and expertise for a charity, community organization or other good cause.

Another way is sometimes called a R.A.K. (Random Act of Kindness) where you help someone you don't know anything about except they need a hand or even a couple of dollars.

That might be somebody that is short of the amount for the groceries they have when they reach the grocery checkout or when they get gas for their car.

One simple idea is to pay the toll for one or more cars behind you on a bridge or toll-road.

The important things about the R.A.K. are that you don't ever get any acknowledgement of your kindness, you don't have any lasting connection with those you help, but you certainly feel as happy as they do when you do it!

A friend has been a Santa Claus Helper for a few years for a local charity. He goes to their Christmas Party in his own costume and talks to all the kids about what they want from the real Santa Claus.

He says that he feels he gets as much fun from it as anyone else there and he'd even pay them to do it!

Connecting with People

Most children find it very easy to make friends with other children. Even children that are very shy often connect after a short time because they are encouraged by the other kids.



But, many adults have difficulty in making those connections.

And friends, as I mentioned in an earlier section, are one of the most important ingredients in enjoying a happy life.

Here are a few tips which work in most situations.

Smile: I have no doubt that a genuine smile is very powerful in getting favorable attention from most people. There are two important things to mention:

Some people need to adjust the way they smile. They think that they are smiling but most people read their effort as a smirk, a snarl or even worse. Give your smile a review in your bathroom mirror or ask your partner for their honest opinion.

A tip which will improve most smiles is to imagine that your smile extends to your eyes. This may sound odd, but try it and you will probably find it makes more people more friendly.

Don't let your smiling lips become rigid. A fixed grin looks false. The best way to avoid this is to take a couple of minutes to do some relaxing breaths before you join the party.

Pebble in a Pool Technique: One of the easiest ways to meet new people is to connect with friends of your friends when you are all at an event.

The advantages include your mutual friend is a silent endorsement for both of you to each other and it's fairly likely that you will possibly share some interests. That's a great start!

Meeting new people this way can have the effect of a pebble in a pool.

Don't leave without having connected: If you have not been very successful with your efforts to widen your social circle, decide that you will be more successful at the next opportunity where there are a reasonable number of people.

You don't have to push any harder than before. That would be counter-productive.

Sometimes the fact that you've made the resolution to keep trying will sharpen your focus and your ability to communicate enough to get better results.

Take a Break

One of the most important lessons many people need to learn is that a break from their work is essential for several reasons

You need to recharge your body.

Change your perspective. If your work is your major focus even when you have finished for the day, it will eventually start to take over other areas of your life.

What it doesn't eliminate, it will spoil.

That will have a negative effect on your social interactions.

It will also make you less aware of important changes in your community which affect your business and, of course, your family.

When you start spending less time with your friends the strength of those important social connections starts to slowly reduce.

Make your vacation a real break. If you can't afford to go on a trip, at least get yourself out for the day to an area which looks and feels different to your usual environment.

Give yourself permission to reconnect with your family, friends and a few places you were going to visit but never got to.

On a smaller scale, don't put your lunch on your desk. Take it out to a park or other open area where you can have a mental as well as a physical change.

Don't just exchange your office desk for a booth in the local coffee palace when you have lunch.

Your doctor will confirm that some Vitamin D direct from the sun is far better for you than getting it in a brightly colored capsule and a lot cheaper too!

I've put a few suggestions for books and other materials containing information and entertainment which I find interesting in the Resources section near the end of this ebook.

They are not all directly related to the subject of this book.

Connect with Your Community

It's a sad fact that the frantic pace of many communities means that many people don't have much of an emotional connection with the other people in their immediate area.

I remember the community spirit which my parents enjoyed. They knew most of the people in their street. They didn't live in each other's pockets but there was a sense of common purpose which added a lot of pleasure to the weekend sports and other community activities.

Kids were safe even if they rattled between different friends' homes after school or through the weekends.

Now, I guess that most people know very few of their neighbors and many probably like it that way.

But, I decided to slow down my regular walk with our dog and take time to learn more about the area I lived in.

You might want to do the same. It taught me that there are many people and groups that have stories and skills which are worth knowing.

The lack of connection to the area where we live makes us less aware of changes which are planned until something actually happens.

This sort of exercise not only helps you to connect with interesting stories which you may have seen but never entered before.

It also helps you to improve your powers of observation which can be useful elsewhere.

And, it saves me any embarrassment when visiting friends ask me about things in my own city. It also strengthens my sense of security when I walk or drive around the area. I know people and some of them know me.

I think a lot of the distrust and other problems between different groups could be reduced if we just took the trouble to find out a little more about each other.

And that would make everyone a bit happier!

Changing Your Mind Picture

Everyone has a picture of themselves in their own minds which may be quite different to the image which everyone else sees.

It is our mental image, created mostly by our thoughts and reactions to the experiences we have as well as the feedback we got from the people around us.

That image has a major effect on our self-confidence and attitude.

That picture is often out of sync with how we are right now.

People that are unhappy about the image they have of themselves may lack the confidence to try to make new social connections or put themselves forward for more important positions where they work.

That may be because they think they have no chance of success or that they don't want to risk rejection.

They may also be held back by worry about what other people will think of them if they don't succeed.

Over time, this will result in less opportunities being offered to them and that will reinforce their negative image of themselves even more.

But, that vicious circle can usually be prevented from happening.

The biggest hurdle is usually taking that first small step.

You need to ask yourself what reasons you have for doubt about your own abilities?

Don't let yourself feel overwhelmed because of the greater experience or some other advantage which other applicants have.

It is not always the obvious choice that wins – sometimes the winner is the person who wants to succeed the most.

The next hurdle is when you don't get the result you want. This can be hard to accept but the only course which makes sense is to try again as soon as possible.

Like trapeze artists and horse riders, you need to get back on and try again. If you give yourself time to brood instead of focusing on some other opportunity, you will be putting more negativity into your own mind.

As you seek more opportunities, you will find that more become available to you.

Your success rate will rise and so will your confidence.

If Only !

This section is one of the most important ways of becoming happier. It's a tip that will quickly improve some people's lives in various areas.

Many people who have problems finding the happiness they want blame it on their present circumstances or something which they want but cannot obtain.

Some people feel they are not fairly rewarded for the work they do. Some just complain, some others are less punctual or productive than most of their colleagues.

They seem to feel that they should be recognized for their potential and then they'd work harder.

They won't get far because the "rewards now/work later" model is very unpopular with most companies.

The only place I see it is in suspicious advertisements that come in my email from time to time.

Sometimes, someone will say they aren't appreciated where they are but are sure they'll do wonders when they move to a different company. But, the real problem is their attitude. They need to take positive action instead of comforting themselves with negative comments about their employment or other circumstances.

Sometimes, their reason for lack of happiness is the people around them. That might be part of the reason, but they may really need to talk seriously to the person they see in the mirror every morning!

The truth is that some people have all they need to give themselves more happiness than they might believe.

But, they don't want to work at it or they don't have enough motivation to change their present rut for the unknown outside of it.

Making the Most of Now!

This section will help you by reminding you some ways that you can get a little more happiness out of every day, whatever the world throws at you.

1] Find something which is causing you some aggravation and work out how to deal with it once and for all.

A lot of people who have small annoyances in their life put up with them because they don't want to have a disagreement with the person who is responsible for that annoyance or maybe they are used to putting up with it.

These are valid options, but you are sacrificing some of your good humor and not getting anything in return. Sometimes, the expected disagreement never happens and the other person is only too happy to fix the problem for you.

2] Tell somebody how you really feel about them. This might be someone you want to get to know better or a relative or close friend that you have deep admiration for, but haven't told them for a long time. I know a few people that wanted to tell their parents or even their grandparents how much they loved them but they left it until they were gone and probably regret it for the rest of their lives.

3] Laugh at least twice every day. This can have a great effect if you do it right by looking for something which you find really funny. Some people find it reduces stress to just laugh aloud for about thirty seconds without any particular stimulus.

That's fine if it works for you. But, I would rather find something which makes me laugh and share it with someone who might also enjoy it.

4] Remove mental and physical clutter: If you have some stuff in your home which you never use, get rid of it. Your life will improve almost overnight.

Find a new owner for as much as possible. We have too much landfill already. Maybe you have a relative who collects items related to your family's history.

You could give or sell other items to people that can use them.

Other items might be of value to a community group or charity.

If you are not sure whether you might have a need for particular items, put them in your shed or garage for three months. Then, you will feel much better about discarding them.

The mental clutter would include programs on your computer which you never use any more. Then, cancel the subscriptions to email offers which you don't read (and don't forget to discard the old messages from them if they are no longer of value to you).

5] Get at least eight hours sleep each night. That sleep should have minimum interruptions or your body will not have time to restore itself. Your memory will also be less efficient if you don't get blocks of sleep.

6] Ask for help when you need it. There are many people who don't ask for help when they need it because they don't want to incur the cost or obligation, they don't like to impose on people or they have been insulted in some way when they asked someone else for help in the past.

But, the problems which can arise if we don't get a problem fixed when it is small are many and they can quickly become expensive and stressful.

It's much better to ask than suffer in uneasy silence.

Remember that most people are only too happy to help someone when they can. They have probably found that helping other people give you an emotional boost.

Be Healthy to Be Happy

We can't be really happy if we aren't healthy.

Health problems are increasing while medical science is producing more treatments which may help us live longer.

But, most are very expensive and won't do us much good if our health is compromised.

If you don't already do it, get a semi-annual health check.

Find a good doctor through referrals from friends.

Do an exercise program which suits your needs and budget.

You don't need to join a gym though many people find the organized program and monthly fees can help keep them motivated to, at least, getting their money's worth.

But, simple and enjoyable activities such as walking the dog, swimming and sports are all cheaper than joining a gym and can provide many of the health benefits.

Share these activities with family or friends and the good effects will probably be even better.

Learn to Relax.

Meditation is an effective way to get a mental vacation without leaving home. You can even do it in your office if you have some privacy.

Putting your feet up when you are at home is very good advice. It will help to prevent blood pooling in the lower part of your legs.

Don't Worry. That may sound easier said than done. Some worry is inevitable. I've shared some suggestions in various parts of the ebook. Which can help you to reduce the amount of time you waste worrying about things which may not happen or that are long past which you cannot do anything about.

The other part is to reduce the amount of negative input you get.

Start by removing as much of the doom and gloom from your daily media intake as possible. The media feature reports of death, disaster and destruction (I call it 3-D news) because we always buy more when those subjects are prominently displayed!

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Where you can't avoid it, try to get a clear picture with facts, not theories, so that you can judge the possible effect, if any, of the problem on you and your family.

Be Prepared to Let Go.

Learn the signs that something you used to enjoy is no longer making your life better. Don't be afraid to stop doing something that you used to enjoy when it doesn't anymore or you will turn what had been a pleasure into something that makes you unhappy.

I used to be the honorary Secretary of a community group.

I took the task on as a fill-in when the previous Secretary got sick.

I agreed to do it until the Secretary returned or we had an election of Officers at the Annual Meeting. But, the Secretary died just before the A.G.M. and no-one else offered to do the job. So, I kept doing it.

It was nearly four years before I decided that I had done enough and politely refused the nomination. I had been under pressure at various times through that period, but stuck with it because I thought I would be letting the Members down if I resigned.

Some weren't happy about my decision but I realized they would never fix the situation if I didn't.

You may also have obligations which were imposed on you or are causing stress and problems.

Mine was relatively easy to stop. You may find your commitment much harder to make that decision about. Ask for help from an experienced friend or even a professional colleague if necessary.

You need to work out where you stand. Usually that means writing everything out.

That way you have the information you need about how you can best look after your own health and do justice to your other personal and business commitments.

If you can't do that, every part of your life will start to suffer.

Then, you will have to make quick, hard decisions which may have worse effects on the other people involved as well as yourself.

The best way is to talk with the other people before it you get to a crisis point.

You can point out that you have given them a lot of time and attention but that you have other responsibilities and needs. If they are not met, you will not be able to do justice to their tasks either.

Avoid Anger for Greater Happiness

Anger is a destructive emotion. It is unavoidable in some situations but we can cause suffering for ourselves if we are not careful how we handle it, especially when the cause is a minor one and we feel like reacting in a major way.

If anger is a significant problem for you or someone close to you, professional advice is a wise step.

But, these suggestions may help where the cause is something like being cut off in traffic even when you were entirely blameless.

Anger may be the result of someone injuring us or just criticizing our choice of car.

Many major incidents result from minor causes which the angry person might have shrugged off at other times.

The results can still be very bad for all involved.

We can become angry when we feel fearful, perhaps because we aren't sure that we can handle the situation.

The Fear response may start because of a perceived threat.

We can also become angry if someone responds negatively to us, our desires or our actions.

A similar reaction can result when we find that we can't do something which we feel strongly about.

In all these situations, the best course is to be ready to look over the whole situation. A little thinking at this point can prevent a lot of heartache or worse.

But, that takes practise and experience especially when we are tired or perhaps hyped up with caffeine or alcohol.

Wherever possible, take a few deep breaths. The extra oxygen is useful and those few seconds will help reduce any tendency to massive, unthinking over-reaction except for the rare situation where you are at serious risk.

Try to talk the main points of concern through, either with the people around you or with someone who knows about the sort of problem and whose judgment you trust.

Whatever the size of the problem, get the facts before you act.

At this point, you may decide that the problem is better forgotten than reacted to in any significant way.

Otherwise, sort out the various possible responses and give each some consideration.



Then, decide what course of action you will use or forget the matter.

Don't transfer your anger to people who are not involved or, at least, not the cause of the situation.

Often, the worst choice is to put the matter aside but keep reminding yourself about it so that your anger grows and starts to burn through your own health and well-being.

When you have successfully worked your way through one or two of these problems, you will find that it becomes a little easier.

But, anger is deeply rooted in us and we need to remember to respect it so we can effectively deal with it each time.

Beating the Gloom Boom!

The most important thing to learn from this book is that you can be happier and you can start right away!

Why You Need Some Happiness Today!

Happiness is an acquired habit for most people. Most of us need to adjust our focus from our present state to one where we can recognize and accept more happiness than we are used to.

The more you practise, the easier it will be for you to grab happiness when you see it.

The happiness you don't take now is gone forever.

You aren't disadvantaging anyone by being happy. If you have to disadvantage someone, you will feel something, but not true happiness.

When you show you are happy, you will probably make people around you feel better even if they don't know you or what is the cause of your happiness.

How to be Happier almost Right Away.

Here are a few ways to become happier for a while today.

If you spill your take-away coffee one morning, don't sue the store or let it spoil your whole day. Keep it in perspective. Remind yourself that your day will get better and soon.

Is there any reason you must not let yourself be happy for a while today?

Resources

The resources in this section are some places which I find information and also inspiration.

I hope that they will be useful or at least interesting for you.

"The Wayback Machine"

<http://www.archive.org/web/web.php>

This is the public face of an Internet archive started in 1996. It contains copies of 240 billion web pages (as at March 2013) through their publicly available versions. The older versions are useful to researchers and also people interested in the subjects which the websites focused on.

The archive contains movies, and other types of material, most of which are believed to be in the public domain on many subjects. It can be a time sink and also a way to take you away from the concerns of your day for a while.

There is a mirror (copy) of the Wayback Machine at

<http://archive.bibalex.org/> if you are unable to connect to it at times.

"Anatomy of an Illness" by Norman Cousins.

Mr. Cousins' book has helped many people when they have to deal with the effects of serious illness on them or someone close to them.

I recommend that you get a copy of it even if you aren't having that sort of problem in your life.

It is very encouraging, but many people either misunderstand the information or want to make it even more impressive.

Mr. Cousins did not beat his disease just because of his sessions watching classic funny movies. He says that he used the sessions to shift his mind away from the problems, but the advice and support of his doctors was also very important.

These facts do not need any artificial boost.

Stan Laurel's Letters

<http://www.lettersfromstan.com> A project to collect and preserve the letters of Stan Laurel. Worth reading if you want to know more about this talented comedian and guaranteed to make you feel good every time you visit.

Avoid Multi-tasking. Do Less and Achieve More

papers.ssrn.com/so13/papers.cfm?abstract_id=1147689

This downloadable paper shows that multi-tasking, which many think is a way to achieve more output may be a big negative instead.

The paper emphasizes that multi-tasking requires our brains to switch between the tasks. No-one can actually do them at exactly the same time.

So there is a cooling down period and then a period for our brain to get started on the other task. That happens very quickly and frequently during multi-tasking.

The writer suggests that this causes us to become more tired and less efficient. That means multi-tasking should be reviewed for its real, probably negative effects.

Happiness Ahead!

Thankyou for buying my ebook.

If you have just read it right through for the first time, I suggest that you keep it handy so you can dip into it when challenges of any kind arise.

There are many ways to add happiness to our lives.

The more that we are aware of and use, the happier we can become.

I hope that you found some ideas that were new for you to try.

**The best way to add to your happiness
is to share yours with somebody else**

Adrienne Pellman

[Another eBookWholesaler Publication](#)