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**FRONT COVER:**

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# Foreword

Being truly happy is an achievable state of mind. One only needs to be guided and the rest is up to the individual to put into practice. Being truly happy does not only have positive effects on the body but it also effects the condition of the mind.



## ***Achieving Happiness***

Dump Despair And Learn To Achieve True Happiness For You And  
Your Loved Ones

# Chapter 1:

## *What Does True Happiness Really Mean*

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### **Synopsis**

There are many scientific and natural therapy ways to achieve some level of happiness. With practice and conscious perseverance it is possible to achieve almost complete true happiness. Here are some insights as to how to make this possibility a reality.



## **The Start Point**

Being a people person has the benefits of creating a happy and comfortable state of mind which in turn transcends into a happy reality. People who have various different relationships in their lives or are able to share their daily life cycles with others are often noted to be happy people.

Being a caring person also creates a level of happiness in an individual. The knowledge and satisfaction gained from being able to extend a helping hand is indeed gratifying.

Doing voluntary work or simply spending time with people in need of companionship can and usually bring great mental rewards.

Exercising regularly is also associated with a high degree of happiness. When the human body is running like a well tuned engine then all is well and this is clearly shown in the individual's demeanor and state of mind. Happy people are almost always healthy people; the state of the mind ensures this.

Having a hobby or goal that is fulfilling is also another way to focus on achieving happiness. Doing something on a daily basis that is not only enjoyable but also fulfilling brings about the general feeling of happiness and joy.

For some people being spiritually connected is being happy. Spiritual fulfillment help an individual to be one with both body and mind, and this is achieved then the surroundings have little or no negative impact on their lives.



# Chapter 2:

## *Experience And Honor Your Feelings*

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### Synopsis

Feelings are like an inner compass for any individual. In the quest to understanding one's feelings the individual is better equipped to handle whatever comes into their life's path. Being in touch and acknowledging one's feeling also allows for the individual to explore these feeling and thus become more aware of what brings him or her true happiness.



## **Recognize**

However one must also be aware of the follies of just following one's feelings with the discerning intelligence of the mind. Sometimes following one's feelings can lead to less than desired circumstances and problems, thus feelings should be checked before allowing it to be the dominant factor in executing things.

Here are some ways to experience and honor the individual's feeling without the detrimental effects it can or is likely to cause.

When the mind tells the body it is feeling something, the first thing to do, is to try to identify the said feeling and categorize it accordingly. In doing so, one can then discern if this feeling, if indulged will bring positive or negative results.

Once the feeling has been acknowledged then the process of understanding the reason for the feeling can begin. Only then should the feeling be indulged in or totally disregarded. Generally after an unbiased discerning exercise is done, the feeling if still strong, usually means that it is going to be fairly dominating in the individual's life.

Exercising a certain degree of validation of the said feeling is important. All too often people tend to disregard their feelings and emotions that are linked to the feeling and this can cause grave damage if left unchecked for too long.

Therefore it may be prudent to exercise indulgence to a certain degree in a particular feeling if the outcome is found to be non destructive and instead producing wonderfully positive results.



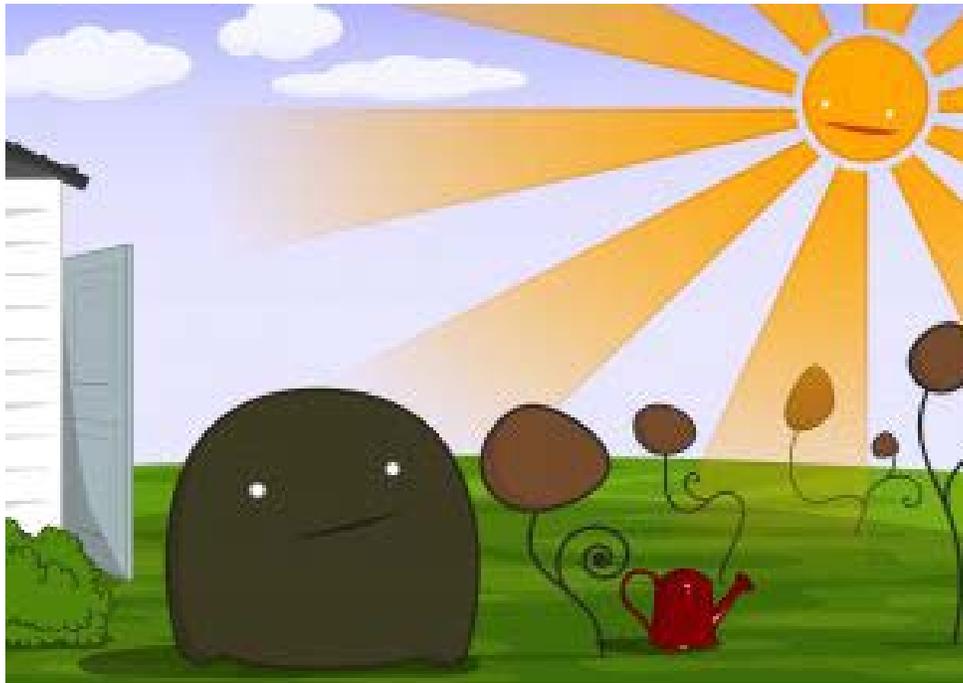
# Chapter 3:

## *Put Together A Daily Ritual*

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### Synopsis

Starting the day on a positive note usually means the entire day will unfold in a positive way too. The positive mind set at the onset of a day plays a huge role in how the individual's day will unfold and how the individual will cope with the events of the day.



## **Altering Actions**

Most people indulge in a daily ritual before embarking on the day ahead. Some of these rituals may include the mind; some may focus on the body, while others would wisely focus on both the body and mind.

Those who are more spiritually in tuned would start the day by addressing this aspect of their life. Preparing the body and mind to reach and remain in a certain spiritual mind set allows the individual the luxury of facing the day with a strong spiritual conviction.

This will then provide the necessary strength and wisdom to work with all the challenges and possible circumstances that are like to unfold during the course of the day.

Others may opt to energize their coming daily activities and schedules with a good physical workout. Exercising regularly and ideally at the beginning of the day allows the body to recharge and revitalize after a good night's rest.

Eating a hearty and healthy meal at the beginning of the day is always advisable. Most medical professional insist that this ritual be practiced without deviation as the first meal is very important in providing the energy for the rest of the day.

Other daily rituals may include having a set routine that is comfortable and less likely to cause stress. Planning the day to ensure a smooth flow of activities is always better than running around aimlessly trying to get as many things done as possible. This is a good way to stay motivated as each thing scheduled for the day gets done quickly and effectively.



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