

HOW TO BE



HAPPY



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Introduction

Happiness doesn't simply come to us in the middle of the night – washing over us like a powerful tsunami and making us happy then and for always. Happiness is something we have to work at every single day of our lives.

This ebook, *How to Be Happy*, outlines and explains the 13 major steps to find happiness in your life, even though you may have been dealt some blows that are hard to overcome.

These thirteen steps contain solid information that you can use to better understand the true meaning of happiness and how to overcome the obstacles that are sure to block your path to finding it.

You may have already found the key to happiness in some areas of your life, but aren't fulfilled in others. *How to Be Happy* can help you fill in the blanks of what may be missing in your life that can finally complete that broken circle of happiness.

Use the 13 Steps to Happiness as a guide to get you on the path to true happiness. Then, you can ascertain those areas where you may be lacking and be able to delve deeper into finding answers.

For example, "Find a Passion," explains why discovering what you really want to do in life is so vital to your overall happiness. You may realize that you haven't yet found a passion in life and want to spend more time learning how to unveil a cause or mission that you can feel true passion for.

Everyone has the right to pursue happiness – read on to discover the true happiness that's waiting to be revealed in your life.

The 13 Steps to Happiness

You may be surprised after you read this chapter that one of the steps to happiness does NOT include, “Get rich!” It’s a hard fact that having a fat wallet can’t bring you happiness if all the other odds in your life are stacked against you.

The richest person in the world would likely give it all away if he could regain his health or the health of a loved one – or to re-gain a once-in-a-lifetime relationship that’s been lost. There isn’t one particular thing which can make you happy, but a plethora of circumstances that must come together to complete the circle of happiness in your life.

Happiness is not tangible – it’s a state of mind that must be cultivated and nurtured to make it grow and become strong. It’s a journey that each of us can pursue if we have the right map.

“Life, Liberty and the Pursuit of Happiness” is one of the best known phrases in the Constitution of the United States of America. It’s part of your “inalienable rights,” and everyone should have a chance to experience it every day of their lives.

There are ways to pursue the journey to happiness and joy into your life in a way that’s lasting and rewarding. Here are thirteen of those top methods you’ll want to incorporate into your own life:

STEP 1. Fake It Until You Feel It

Psychological studies have proven that even a fake smile is better than wearing a frown. One research team concluded that those people who practiced being outgoing and confident by smiling are less likely to suffer from sadness – and the more you smile at others, the more likely you are to be happy.

An interesting caveat to this study is that those people who lost the ability to frown because of injections of Botox tend to be happier than those who still have their “frowning” ability.

Actually practicing the theory of smiling is difficult at times, but can be achieved by concentrating on all that’s good in your life and being grateful for that. Many people find that a “Gratitude Journal” is helpful to remind them of positive things in their lives.

But, you should try to find a “happy” balance between smiling all the time and showing your true feelings. Thinking positive thoughts and smiling all the time isn’t possible. You’re going to have times when life is sad and difficult.

Unless you face your unhappiness, it could morph into a problem that needs acknowledging and working on. Try and look at the bright side through your problems, but also pay attention to your inner feelings and address them accordingly.

Rather than viewing “faking it” as deceit, think of it as practicing a positive attitude that will help you develop self-confidence and self-esteem. Forcing yourself to be positive can act as a coping mechanism to help you through many trials and tribulations which threaten to destroy your life.

The roller coaster of life takes us through many highs and lows – death of a loved one, relationship breakups and various types of rejection. They test our inner strength by pushing us off the path of happiness and success and into a quicksand of depression and anxiety.

By focusing on the positive aspects of your life – faking happiness if you have to – you’re forcing your thoughts and emotions to get back on the true path to happiness. Remember that happiness begins and ends with you. It’s a choice.

STEP 2. Find a Passion

When you feel passion for something you’re excited and happy about, a sudden surge of enthusiasm and new meaning for your life brings you immediate joy. It’s like a child finding the “golden egg” on Easter morning. You can’t wait to open it and see what the bunny has left you.

But, finding the golden egg of passion doesn’t come easy. Sometimes you have to explore every nook and cranny of your mind to see what will make you feel and welcome passion into your life.

It may be something as simple as writing the book that keeps running through your head – or gardening to provide food or beauty. You may also find that you’re passionate about getting a degree or finding a lasting relationship.

Finding your true passion can give you a purpose for life. Along the way, you may have to make major life changes and rethink what happiness really means to you. Passion provides personal growth for the success you desire and a sense of accomplishment when you achieve the goals you set for yourself.

Your success in finding a passion will likely be fraught with obstacles and setbacks along the way, but when you have passion, it's like a fuel that continuously burns through the negative until you reach the positive.

If you don't feel passion for what you're doing, it's time to rethink your purpose in life. It may be entirely different from what you thought it would be. In your early years you may have had dreams of having a family, home and more domestic pursuits.

Today, years later, your wants and needs may have changed to travel or volunteer work. Whatever catches your interest, pursue it and find out if it's a passion or just a passing fancy.

Good ways to pursue your true passion include:

- Listening to music you love – or cultivating an interest in another type of music.
- Reading books (especially motivational books) that catch your fancy. It can be fiction or non-fiction. You'll know after a few pages if it bores or excites you.
- Ask for help. Sometimes you may need a little push or some insight into finding your true passion. Don't be afraid to ask someone you trust or seek counseling for that insight.
- Don't give up. Be patient with yourself and don't give up in finding a passion that will help make you happy and successful.

Yo-Yo Ma said, “Passion is one great force that unleashes creativity, because if you’re passionate about something, then you’re more willing to take risks.” Take a risk to find your true passion and be sure to enjoy the journey.

STEP 3. Be Comfortable with Who You Are

When you see people who are self-confident and enjoying themselves, you know they’re likely comfortable with whom they are and have the self-esteem needed to succeed in life. Being comfortable with yourself is a direct path to true happiness and must be included in the steps to pursuing happiness.

Women are more likely to suffer from poor self-image than men. Advertisements and the media like to portray the ideal woman as thin, fashionable and energetic wives, mothers and lovers. If you feel you don’t meet that image, you may develop low self-esteem and feel uncomfortable in your own skin.

It’s important to overcome a poor self-image and become comfortable with who you are – after all, the longest relationship you’ll ever experience is with yourself. Be gentle with yourself and find good things to think about yourself rather than plying your brain with negative thoughts.

Here are some ideas about how to be comfortable in your own skin:

- Stop making the same mistakes over and over again.

Are you consistent in choosing bad partners, boring jobs and getting yourself into compromising situations?

Take a close look at whom and what you're attracting and why. Bad habits and patterns develop because of something you're doing and to stop the cycle you need to know what it is.

- Be authentic.

In a world full of phonies and fraud, it's important you know what your values and beliefs are so you can show the world who you are without trying.

Being authentic is important to happiness because it brings so many benefits to your life – benefits that can help you be happy. Health, energy and success come when you know who you are and your place in this world.

- Love yourself.

Loving yourself means that you accept yourself for whom and what you are – warts and all. Treating yourself badly by negative thoughts, failing to maintain good health and failure to seek your true path to happiness only makes you sad and unhappy about whom you are.

You can't be comfortable with yourself unless you believe you're worthy of loving yourself.

- Just do it.

Rather than whining about things you'd rather not do, just get up and do it. That means to exercise when you don't feel like it, meet obligations and do it with a smile on your face.

It's easy to get mired down in unwanted circumstances, but you probably created the scenario yourself. Doing what you must do or are obligated to do helps you feel better about yourself.

- Don't tolerate abuse or unhappiness.

When you live in an atmosphere of abuse or unhappiness, you're cutting yourself off from feeling good about yourself and being able to pursue the happiness you're entitled to.

It may be necessary to make life-changing adjustments to get out of the situation(s) that are immobilizing you. Although there are some situations that can't be changed – most can if you're willing to make the effort.

- Trust yourself.

Even though you may have made mistakes in the past, you should have learned from those mistakes. Don't be afraid to take off in a different direction if your gut (and some research and time) tells you it's the right path to take.

You don't need to understand everything you want in life. You just need to have enough passion to make it yours. It's another way to feel comfortable in your own skin.

No one is perfect, but when you can accept yourself, flaws and all, and think enough of yourself to seek happiness in your own way – nothing or no one can hold you back.

STEP 4. Take Time for Yourself.

Taking time for yourself is one of the most difficult things to do, but if you're going to pursue happiness, some focus in your life must be turned to you – and only you.

If you're always on the go, focusing on what you have to get done and whom you have to please, it may be difficult to find time for yourself, and when you do you likely feel guilty.

In this age of multi-tasking, you may feel guilty if you don't have several things going at once. You end up not really realizing what you've accomplished and feeling let down and unsatisfied.

Meeting your obligations is important, but taking care of yourself should take first priority in your life. When you go through each day focusing all of your time and energy on others, happiness will surely elude you.

When you finally realize that it's important to focus at least some of the attention to yourself, you may find you have a "wandering mind." You sit down to read a book or take a nap and nagging thoughts wash over your mind like a tsunami, making it impossible to concentrate and take time for yourself.

This inability to focus on making yourself happy and doing things to take care of yourself can send you on a path that's a downward spiral into unhappiness and you'll spend the later years of your life regretting it.

Think about the ways you could take better care of yourself. If you need and want to lose weight, you could join an exercise class and plan your trips to the supermarket so you're purchasing healthier foods.

Bad habits such as smoking, drinking too much alcohol, not devoting enough time to your family or relationships and staying in a boring or dead end job are also ways that you can neglect yourself and become mired in a life of unhappiness.

“Time for me” is something you shouldn’t feel guilty about. It’s making yourself set aside some time during the day or evening to renew, reassess, create energy, heal and find peace within.

Stress is a common factor running through our lives and the results of that constant stress is poor health, unappreciated or lost relationships and time lost. Taking time for yourself, to de-stress, unwind and re-energize can help your life take a turn toward true happiness.

STEP 5. Take Time to Be Grateful

Taking the time to express your gratefulness for what you have in life is a step to happiness that can’t be overlooked. Whether you do it aloud or think grateful thoughts during meditation time, keep a gratitude journal or express it in another way, being grateful is essential to true and complete happiness.

If you think there’s nothing in your life to be grateful for – that’s all the more reason for you to seek gratitude in your life. You may have a lousy job, but good health, or a bad relationship, but are fulfilled in your career. Although you need to work on the parts of your life that are not pleasing to you, there are still areas in which you can be grateful.

Here are some ways to take a little time each day to be thankful for the good things in your life and to express your gratitude:

- Live in the moment. You can't get back each moment you're alive. Experience each and every minute by using all your senses to touch, see, smell and taste all that's good. It may seem futile for a while until you realize that even things like a long commute to work can be good if you listen to a motivational CD or some music that you love.
- Use visuals to express gratitude. Writing down things you're grateful for in a "gratitude journal" is an excellent way to reinforce the good things in your life. You can also create a gratitude display – a corkboard or other method of displaying photos or reminders of people or experiences you're grateful for.
- Learn to control negative thoughts. It becomes easier with time and practice to control the negative thoughts that enter your mind when you least expect it and threaten to destroy your happiness. Keep in mind that you control your thoughts and as soon as a negative one enters your mind, practice replacing it with one of gratitude.
- Move on from negative past experiences – If you've lived past childhood, you're bound to have experienced things that make you sad. Heartbreak, failures and other negative experiences shouldn't rule your life and be a predictor of your future happiness. Acknowledge those experiences and learn from them. Then, move on knowing you've done your best and will do better in the future.
- Words are powerful tools. In this day of texting and emails, it's easier to use mindless words, expressed in a moment of anger and frustration to hurt or alienate another person in your life. Think

before you send a message filled with negativity and anger and try to formulate a different message that will enlighten the other person. Words expressed in anger and frustration can only bring you unhappiness.

- Read and listen to what uplifts you. Reading inspirational and uplifting books and online information about how to live happy, listening to music you love and that raises your spirit and being around beauty are all ways to lift your happiness level. Be sure to add those elements to your life every day.
- Help others. Giving your time and whatever else you can to others less fortunate can help you realize how grateful you should be for what you have. Donating your clothes, money, books and whatever else you can gives you a happy feeling and makes you appreciate even more what you have in your own life. Donating your time to charitable organizations is also a good way to boost your happiness quotient.

Gratefulness can be compared to beginning to exercise your body. At first, it's difficult to get up off the sofa and put out the effort if you're not used to it, but eventually it becomes so much a part of who and what you are that you realize you don't want to be without it.

STEP 6. Meditate

The path to happiness is difficult enough, but with all the chaos and "noise" going on around you, it can seem impossible to be by yourself for a few minutes each day and let your thoughts wander to a quiet place.

If you don't visit that quiet place on a regular basis, your life can become filled with negativity and you won't be able to appreciate the good things in your life. Happiness is likely to continue to elude you.

Even if your life is hectic and it seems that every moment is "scheduled," there are ways you can take time out to make a positive difference in the way you think and feel and to bring happiness back into your life. Here are a few suggestions:

- Schedule quiet time. It may seem too simple, but if your schedule seems unbreakable, try scheduling meditation just as you would a prioritized meeting. You may need to begin with taking a minute or two three or four times a day – then, try scheduling a ten minute meditation break a couple of times per day. No matter how busy you are, keep that appointment with meditation.
- Meditate first thing in the morning. As soon as you get up, sit back down and begin to meditate, thinking only peaceful thoughts rather than about the busy day ahead. Make a commitment to wake up a bit earlier so you can enjoy and look forward to the peaceful few moments you create for yourself. Meditation can bring such happiness and peace into your life in abundance you never expected.
- Choose times when you're likely to be alone. When you get in your car or have lunch in a quiet corner of the office, take time to sit for awhile and let your mind wander to pleasant and positive thoughts. No matter how your day is going, these few moments can lift your spirit and bring you an amount of happiness you didn't feel before.

- Practice deep breathing. During the times you schedule for meditation, take deep breaths to relieve stress and relax your body. Meditation on positive things will become easier as you learn how much better you feel when your body is at ease.

Don't make time for meditation another stress factor in your life. Just do it, rather than thinking about it. Sit down without thinking, close your eyes and let your thought pattern travel a positive path. Even if you only meditate for a minute or two, it's a beginning and will be good for you – physically and mentally.

STEP 7. Exercise

Exercise is the one constant that seems to pop up in everything you read or advice you receive that will make a positive difference in your life. It's also a way to ensure happiness by keeping your body in as good a shape as you can. But, what if you hate to exercise? For many people, exercise is a dreaded word and an action to avoid if at all possible.

It's easy to avoid exercise with the super busy life you have. Something always seems to get in the way of that hourly workout session. But, if you're going to be truly happy, your body should complement your mind – you should keep your body in shape just as you prevent a feeble mind by exercising your brain.

Exercising begins with a mindset that's determined and enthusiastic. Here are a few thoughts about developing and keeping a positive mindset about exercising.

- Have a plan. No matter what exercise you choose, have a plan ready before you strike off on your own. If you're going to the gym, it's helpful to have a trainer at first to get you going. He or she can help you learn how to use the machines correctly. Do simple tasks such as laying out your workout clothes and setting aside the amount of time you want to spend.
- Be realistic about goals. It's great to have high expectations about the success you'll have from your new exercise program, but rather than look at the overall goal, set small goals for yourself. As you reach these landmarks, reward yourself.
- Do something you love. If you hate the treadmill and weights, try something different like swimming and dancing. Yoga and tai chi are also great ways to begin to exercise your body slowly, but surely. You must begin this new journey with something you can look forward to. Don't torture yourself or you'll never enjoy exercise on a regular basis.
- Find a partner. Sometimes, it's best to engage the encouragement of another to begin a fitness and exercise program. You can motivate each other to meet your goals and it's much easier to get into a routine when someone else is dependent on you.
- Don't make losing weight part of the fitness goal. That may sound strange, but if you think of exercising as becoming a healthier a fitter person, you won't dwell so much on that miniscule weight loss after a week of exercising. Maintaining a healthy diet will ensure that you lose the weight. Meanwhile get in shape with an exercise routine. The weight will take care of itself.

When you maintain a positive and enthusiastic attitude about exercising, you'll be happy about your progress and experience a higher level of self-esteem because you're taking care of you!

STEP 8. Get Enough Sleep

You can't be happy when you're grumpy and disheveled from lack of sleep. Have you ever noticed how much easier it is to keep a positive attitude during the day after you've had an especially restful night's sleep?

That's because your body and your mind have had a chance to rejuvenate and become better able to accept what the day has to offer. Lots of positive chemical changes occur in your body and mind when it's had time to rest. If it doesn't have access to that valuable down time, your life will be an entirely different version than what might have been.

Here are ways so seek more peaceful sleep so you can meet the day happy and rested:

- Develop a sleep routine. If you get up and go to bed at the same time every day, you'll be getting in sync with your body's natural rhythm (circadian rhythm). You'll have better quality sleep which translates to getting up more refreshed and ready to meet the day.
- Expose yourself to light during daytime hours. Exposing yourself to sunlight during day time hours and be sure your home or work space is brightly lit. Some people who find it difficult to get enough sunlight use a light therapy box to boost their sun quotient.

- Avoid exposure to light at night. Just as you want to expose yourself to light during the day, avoiding light is the best option during evening and nighttime hours. Dim the lights in your home so that you can begin the relaxation process before going to bed.
- Wind down before turning in. Stress can interfere with a good night's sleep. When you take the time to wind down and effectively manage your thoughts to a point of relaxation, you'll have an easier time going to sleep and getting enough sleep.
- Keep the same schedule. It's tempting to sleep late on weekends or after nights where you've stayed up late, but disrupting your schedule could cause your internal clock to be disrupted. A nap during the day is a much better option than sleeping in. Disrupting your sleep schedule can make you grumpy and disoriented.
- Napping recharges your system. If you've stayed up late and missed your usual sleep hours, napping can be a good way to recharge the system. It can also be a detriment if you have chronic insomnia, making it increasingly difficult to sleep at night.
- Eat a light dinner. Eating too much just before bed time can disrupt your quality of sleep. If you do indulge, try to stay up a bit later to let your food digest. Avoid drinking too much alcohol just before bed time. It can cause you to wake up in the middle of the night and have trouble going back to sleep.
- Create a relaxing sleep space. Be sure your room is dark. If that's impossible, try wearing a sleep mask over your eyes. Electronics

that have blinking lights may also be a detriment to your sleep. Remove those from your vision or reset them to turn off the lights.

- Get plenty of exercise. Many people find that a brisk walk after dinner works wonders for a good night's sleep. Just remember to exercise earlier in the evening rather than later. The adrenaline from exercise may cause you to have a difficult time getting to sleep.

Your quality of rest is as important as the amount of time you spend in bed. Even though you may turn in at the same time, waking up in the middle of the night, digestive problems or other annoyances may disrupt the quality of your sleep and keep you from being productive during the day.

Achieving true happiness depends on your ability to get a good night's sleep so your body and mind are rested and capable of meeting challenges.

STEP 9. Spend Time With Loved Ones

Spending time with those you love is an important and necessary element to your overall happiness. Loved ones provide a boost to your self-esteem and add quality to each day of your life. Even if you live far away, technology has made it possible to visit with and express our love "in person."

When you show others in your life that you care, you experience a sense of happiness that makes you feel complete and fulfilled. It's not always

easy to keep in touch with loved ones, so here are a few tips that may help:

- Emails – If you just have a minute or two, send an email to someone you love or care for. Make it about them rather than you and let them know you're thinking of them and hope they have a good day. If you can't visit often in person, make emails a regular way to keep in touch.
- Phone calls or Facetime – Let your loved ones hear your voice or see your face and spend a few minutes chatting and catching up. Facetime and Skype are two great ways that technology lets us keep in touch and express our caring and love for others.
- Time for lunch? -- Rather than eat a sandwich at your desk or in front of the television, invite someone you love for lunch. It's a great way to spend an hour or two – catching up and enjoying a great meal together.

It's important that when you do spend time with those you love you focus on them rather than work or the errands you've got on your agenda. Listen to what they say and respond as appropriate.

Cheering up another person – especially someone you care about – is an amazing and real way to bring happiness into your own life. Sharing old times, joking and enjoying each other's company can do wonders for your day and how you live your life.

Studies indicate that the Mediterranean population is the happiest group of people on earth. The great diet, plenty of sunshine and lifestyle are abundant—but so is their love for family and friends.

The population surrounding the Mediterranean Sea is blessed with an abundance of almost everything – including the knowledge of how important it is to spend time with friends and family. Meals and other celebrations are occasions to get together and enjoy long meals, conversation, laughter and camaraderie.

Bring an abundance of happiness to your life by making a point to spend time with your loved ones. You'll never regret it.

STEP 10. Connect with Nature – Take Notice of the World Around You

It's not surprising that those who lived long before us didn't suffer as much from anxiety, stress and depression as we do today. They seemed to understand the importance of communing with nature – and in many cases, they had to because of the type of work available.

Now, you may spend most of our time in an office, then drive home in your air-conditioned car to an air-conditioned home and sit in front of the television or play computer games. You may leave the gardening and other outdoor chores to others because you don't think you have the time to do it yourself.

Although your life seems to have improved and you definitely have more “free” time, you may be missing out on the happiness that the great outdoors can bring into your life.

New research indicates that the relationship we develop with nature may have a direct and lasting connection to our happiness. Henry David Thoreau, author of "Life in the Woods," sought happiness and fulfillment by living for two years in a small cabin in the woods near Walden Pond.

During his time there, he was able to immerse himself in nature and self-reliance. This voyage of self-discovery for Thoreau helped him pen other books. It also helped him develop an understanding of human nature and how natural surroundings affected happiness and fulfillment.

You may not be able to live on Walden's Pond and immerse yourself in nature, but you can make it a mission to connect with your outdoor environment as much as you can. One way is to focus on the nature around you whenever you are outdoors.

Really see the sprouts coming through the soil during springtime, notice how the trees shed their leaves to get ready for the long winter hibernation. If you have some extra time, read and research about the flora and fauna around you and in other climates.

Your connection with nature will be different from your connection with other things in your life. Nature will almost always leave you awed and in a happy state while other experiences may make you unhappy.

There is a path of study called, "Ecopsychology," which explores how your personal health and self-worth connects with the state of the earth on which we live.

One finding of this relatively new study is the fact that as we have become a more “wired” generation, linked to technology, obesity and low self-esteem has increased.

Spend some quality time communing with nature in your own way and see how it lifts your spirits.

STEP 11. Be a Part of Something Bigger

Being a part of something bigger than just your surroundings have purpose in their lives that help them be happy with where they are and what they’re doing in life. It also helps them feel more in control of the lives they’re living.

Studies about happiness prove that those who are connected with a spiritual belief system are much happier and healthier than those who have no meaning or purpose in their lives other than living in the present moment.

Cultivating meaning and purpose in your life can turn your life around and bring an abundance of happiness that just isn’t possible when concentrating on only yourself.

Finding meaning to your life may mean digging deep in your belief system. Experiences may have shaped the way you feel about others and how you choose to treat people, but those experiences may not be a true reflection of whom you are now or who you want to become.

Finding meaning can also involve making choices about your lifestyle, career. If you’re currently living a life that isn’t a true reflection of whom

you are, it's time to do all you can to find the path that's going to make a difference. Meditation can help as can reading about things you have an interest in.

One approach to find purpose to your life is to think about the people in your life who bring you happiness and the activities you have passion for. If you're prioritizing some things or people in your life because you enjoy them, there may be hidden meaning in what would truly make you happy.

Sometimes you can get caught up in what others think you should do and be and you may never find true meaning and purpose to your life unless you can break away and discover what truly fulfills you and makes you happy.

Unless you find true purpose and meaning in your life, you may remain confused and indecisive about your own identity and reach the end of your life with regrets.

STEP 12. Let Go of Grudges and Anger

It may seem impossible for you to let go of a grudge or stifle your anger against someone or something that has hurt you or someone you love. It's a myth that when you choose to let go of anger and bitterness that you're giving the other person a free pass for forgiveness.

That's not the case. The act of forgiveness helps you more than the other party. It releases your mind and emotions to think about other things than anger, resentment and thoughts of "getting even."

Letting go of that debilitating stress can help you move forward to things that can make you supremely happy rather than wallowing in unhappiness and negative thoughts.

When there's no hate in your heart and mind, you can better focus on the things in life that truly matter. You don't have to strive to feel understanding or compassion for the person who hurt you, but once you let go of the anger, you may feel those positive changes happening.

When you let go of a grudge and practice forgiveness, you'll be led into healthier relationships, healthier mind and body, more self-confidence, less stress and anxiety, lower blood pressure and a stronger immune system.

If you have thoughts of anger or resentment toward someone in your life, you may be faced with carrying that bitterness into other relationships and experiences that could otherwise be positive influences in your life.

Although it may be difficult to reach the state of forgiveness you need to move on with your life, you can get to that point if you make a commitment to succeed. That means not seeing yourself as a victim anymore. That, in turn, releases the control the individual or experience had in your life.

Then, you can truly define yourself by what you do, think and strive for in your life as you pursue the path to happiness.

STEP 13. Help Others

Giving your time and efforts to help others is the type of experience that puts a smile on your face and self-worth in your thinking patterns. Without charity and giving in your life, true happiness will elude you and you'll never be completely fulfilled.

The great thinkers and philosophers in history all concluded that the happiness that will last for a lifetime comes from helping others. Winston Churchill, former Prime Minister of England, said, "We make a living by what we get; we make a life by what we give."

Most of us have been exposed to giving early in life. It may begin by sharing your birthday cake or toys with the other kids. Later, fund drives in school and in churches may cause you to join in.

Altruism is a part of the brain that gives you pleasure the same as eating a great meal or getting a massage. It's a powerful way to continue your self-growth and to realize lasting happiness.

In the Pursuit of Happiness

Living in a part of the earth that allows you to pursue happiness lets you use your natural instinct to find what makes you happy. Happiness means different things to different people.

Many think that if they won the lottery or came into a large inheritance, happiness will surely follow. But, studies of human nature prove that's not true. Money can buy some of the things to bring you brief happiness, but true happiness can only be achieved if all your emotional and physical needs are met.

Your good health love from your friends and family, giving to others, doing what you love and more can all make you happy and comfortable with your life. Unfortunately, happiness eludes many of us.

Knowing how to pursue happiness may help the path easier and more enjoyable. You may think you know what will make you happy, but if you've yet to discover true happiness in all areas of your life, this ebook, (NAME...): How to Be Happy, can get you on the path and help you meet and overcome obstacles that threaten to destroy happiness.

The main lesson is to pursue happiness with passion rather than waiting for it to happen. There are 13 steps in this book which will cover emotional and physical areas of your life that need to be addressed before true happiness can be achieved.

Discover the answers to true happiness within the thirteen steps outlined in this book and you'll know which paths to happiness are real and which are only illusions.