

7 Ways of Happiness!



Special note: This report is a Free Gift. You have every right to give away this report.

This expressly does NOT mean you have the right to reprint or resell this report.

Copyright © 2007 Julia Nestler

All rights reserved. No part of this publication may be reproduced or transmitted in any form as by any means electronic or mechanical, including, photocopy, recording, or any information storage and retrieval system, without permission in writing from the copyrightowner Julia Nestler <http://www.self-esteemnow.com>

Translations: Tim Dinan

7 Ways of Happiness!

Julia Nestler

INTRODUCTION

Dear Reader,

My purpose with this little booklet titled *7 Ways to Happiness* is to give an understanding of where happiness comes from and how we can make more room for it in our lives.

So - where does happiness come from..?

Experiencing happiness is a magnificent ability we are born with, a wonderful gift we all have in common as human beings.

From the perspective of evolution, happiness can be seen as a fundamental teaching-tool that nature uses to further our success as a species.

This tool is especially notable in connection with life's fundamental needs – in that when we satisfy the basic requirements of sustaining our existence, we automatically derive a sense of happiness. For example, happiness is an unmistakable reward we experience when we eat, drink, meet friends or love. And our happiness is generally stronger the more pressing the need – The first taste of water never tastes better, or gives more joy, than when our throats are very dry and our thirst is very great.

This guiding, or teaching if you will, clearly helps us maintain the conditions we function best in.

It's for this very purpose that pain overrides almost all other emotions. In this way, we can't side-step or ignore this alarm-signal that something is very wrong. It remains with us as an acute reminder that something must be done.

In general, we experience negative feelings more intensively than positive ones, moreover, these unpleasant feelings are more easily activated.

Happiness is also a feeling we often must strive to experience, while its opposite comes upon us on its own: For while fear, anger and sorrow are instinctive responses to the outer-world's dangers and eventual set-backs, nature has created pleasant feelings and sensations as not so subtle lures to draw us into and maintain desirable, life-favoring situations.

The above is a brief description of happiness from a fundamental perspective.

The fantastic thing about happiness, however, other than what's been described above, is that it originates within us.

The latest research reveals that it is primarily the outlook we have to the world around us that determines our sense of happiness – not the world in and of itself. Everything we believe it takes to guarantee a happy and meaningful life – money, education, children, travel, and so on – don't have a greater impact on our happiness-barometer than our fundamental outlook, not in the long run; nor do difficult, even tragic experiences – divorce, sickness, or the death of people we hold dear. These researchers hold that most of us exaggerate the impact stressful experiences make on the course of our lives. With most of these experiences, even the worst of them, we're able to put the greater part of their affect behind us.

Obviously, there's a limit to how much adversity people can live with and still feel happy and content with their lives. This limit, or border, is passed, as previously noted, in connection with having enough food for the day, a roof over our heads, and people around us we can trust. Most of us have these fundamental necessities of human life.

In general then, it's not a lack, or an abundance of life's necessities that determines our happiness in the long run, but rather our fundamental outlook, our basic way of looking at ourselves and the world around us.

People who are happy and content are those people who perceive, value, and apply their strong sides, accept their weaknesses and take life as it comes.

Let's take a look at *7 Ways to Happiness* on the next page! :-)
To your success,

Julia Nestler
Author

7 Ways of Happiness!

1. Find at least 3 Passions that you have, things that are deeply important to you and bring you joy. It can be a goal like writing a book and/or practical things, like spending time with your family. Write them down and make conscious choices in your daily life that lead you closer to them – or, if your Passion is something that already exists, as in the example of spending time with your family – prioritize it as much as possible.

2. “Use your senses of sight, hearing, smell, taste and touch to become happier!” advises Geoffrey Beattie, Professor in Psychology at Manchester University in England, who has conducted research in how our senses affect our well-being. Professor Geoffrey Beattie holds that it's easier for us to feel happiness when our physical senses are well developed. If we neglect the use of our senses, we find it more difficult to deal with stress and the need to wind-down.

In today's society some of our senses are often shut off, because we focus primarily on the use of our hearing and sight. We're often surrounded by many different sounds in our environment and regularly spend a great amount of time sitting in front of a computer. Primitive man's survival was dependent on his five physical senses. Our biology still functions in the same way – Simply put, we're formed to make use of all of our senses. If we fail to use them regularly, we develop an imbalance.

Professor Beattie's research also indicates that we become happier by openly expressing our reactions to sensory messages in speaking.

Here are two mini-tips:

1. Take short pauses during the day and sufficient time to consciously experience tastes and smells.
2. Describe, in speech and on a regular basis, the experiences your senses provide.

How does the food taste?

How does the water you're swimming in feel?

What scent do the flowers have?

3. Identify things to be grateful for in your daily life. This will significantly open up your happiness. And at the same time, you'll discover all the "hidden" happinesses that actually exist in your life.

"The most vital sources (of our well-being and happiness) to be thankful for are those we often take for granted: family, home and health," states Professor Philip Watkins of Eastern Washington University.

A powerful tool you can use is to begin a "thank you" diary. Set aside some time every day and write a list of all the things you're grateful for.

Gratitude has a snow-ball effect: The more we are consciously grateful, the more things we discover to be grateful for.

"A person can feel opposed – can think that it feels foolish. It makes no difference, it works, whether that person believes in it, or not" says C. Peterson, Professor of Psychology at the University of Michigan.

"Several studies reveal that people who write down what they are thankful for feel better, both mentally and physically," according to Robert Emmons, a researcher at the University of California, in Davis.

People who write "thank you" lists sleep better, for example, and exercise more. This, in turn, increases their ability to tolerate stress and maintain their mental health.

In addition, those who are under pressure, are stressed and unhappy, or perhaps suffering from chronic pain, they too can increase their ability to feel happy.

Gratefulness is also the most powerful way to make use of the Law of Attraction.

Consistent gratefulness invariably gives us more of what we are grateful for.

And, always keep in mind that gratefulness (giving thanks) also is a prayer and thus a sacred act which makes it very powerful.

4. Make use of your curiosity. We're programmed to experience new things, and the stimulation and surprises that new experiences provide, boosts our happiness in a wonderful way. Both small and big experiences have this affect.

5. Increase your happiness by thinking about what choices you're making in your life. The philosopher and statesman Mahatma Gandhi is reported to have said that happiness exists when what you think, what you say, and what you do are in harmony.

Living and dealing with life in accord with values you've come to feel are true can also be an effective way to increase your happiness over the long run.

Giving something you have an abundance of to others, for example, is a well-attested way to a more meaningful life. If you don't have a great amount of money, perhaps you can spare some time - or vice-versa.

6. If the situation you're living under just now is very hard, urging you to feel happiness can almost be taken as a mockery. Try to remember that what you're going through isn't going to last forever - nor is the way your feeling just now going to last forever. But the possibility of becoming a happy person - that possibility is truly lasting. In the meanwhile you have a mission, namely, to try to find and take in the shining moments, the occasional moments of reassurance in life that can provide enough happiness to see you through.

7. My most important recommendation or tip is that you always keep in mind the importance of taking care of our self-esteem. Taking care of our self-esteem is the most powerful and long-lasting way to reconnect with our natural inborn happiness.

Self-esteem allows us to embrace our happiness more effortlessly, and lets it come into our lives naturally and more often.

To learn more about how to build self-esteem and boost your success and happiness, just visit: <http://www.self-esteemnow.com>

To your happiness,
Julia Nestler, Author

P.S. If you've found the information in this booklet useful, forward it to others and spread a little bit more happiness in our world. It will be appreciated.