

The Happiness Transformation

Transform yourself. Transform the world.

Andrew Lawrence

About the author and the book

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The Happiness Transformation

The techniques and insights in this book are the product of decades of research and learning and these simple practical happiness principles can work for YOU ... in as little as 90 minutes!

- “A remarkable book for anyone, anywhere, anytime, who wants to be happy NOW!”
- “WOW! It’s easy to understand ... and it works!”
- “What’s in this book can make you happy for the rest of your life!”

The Happiness Transformation shows you how to be genuinely happy - NOW - and for the rest of your life. Read it. You’ll be happy you did!

Books by Andrew Lawrence

The Happiness Transformation
Discover Your Life Purpose in 30 minutes
MONEY - The Basics
Stories Of A Lifetime

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About this book

The author could have written a 400-page book on happiness but nobody wants to have to wade through 400 pages of anything so with that in mind the author kept the book short, simple and to the point. The author learned how to write from Ernest Hemingway, who used just enough words to tell the story, and no more. If brevity and clarity was good enough for Hemingway it's good enough for the author of this book and, hopefully for you, the reader.

Introduction

This book was written to help people be happy. To be happy now ... and for the rest of their life. And to change the world.

The Happiness Transformation contains true and simple secrets of how to be happy. Today. Now. Is it possible to be happier? Is it possible to be happy in spite of your circumstances? Yes, it is! Does it work? Yes, it does! Can YOU do it? Yes, you can! This book can transform your life. It can make you a happier person, not in weeks or months, but today. In the next 90 minutes you can be a happier person. And you'll be able to be happy anytime you wish. This book contains the truths of how to be happy, truths which took a lifetime to uncover. These truths have worked for me for more than 3 decades ... and they can work for you!

All that is asked in return for revealing the secrets of happiness and transforming your life is that you pass it on; help others be happy ... and transform their life. Do that and, together, we can transform the world.

Be happy. Stay happy. Help others be happy. Transform the world.

Andrew Lawrence
Los Angeles, CA



When reading The Happiness Transformation you are encouraged to treat it like a workbook and to underline or use a highlighter (any color) or scribble in the margins.

Stage 1
Preparing for happiness

The world's biggest problem

What is the biggest problem in the world today? (check one)

- poverty
- hunger
- disease
- pollution
- overpopulation
- global warming
- environmental abuse
- greed
- politics
- war
- materialism
- lack of freedom
- illiteracy
- smoking
- drugs
- stupidity
- other _____

The single biggest problem in the world today is none of the above. The single biggest problem in the world today would have to be unhappiness. More people suffer from unhappiness than all the diseases, disadvantages, natural phenomena, abuses and man-made disasters added together. Unhappiness is the single biggest problem in the world today.

Unhappiness is the world's biggest problem. Unhappiness can lead to war, murder, crime, hate, envy, jealousy and other nasties. Happy people do not do damage to others or to the planet.

We can change that. We can solve the world's biggest problem. We can make the world a better place. A happier place. How do you change the world? You change the world one person at a time. Starting with YOU. Let's make YOU happy!

What is happiness?

Happiness is a state of mind. An emotion. A feeling. A reaction. There's even a part of our brain where happiness is triggered. When we are happy that part of our brain "lights up".

There are 2 types of happiness; temporary or instant happiness and overall long term happiness. Temporary happiness occurs when something pleasant happens to us; we get a raise, a compliment, win something, etc. Temporary or instant happiness is fleeting and wears off or disappears rapidly. Temporary happiness is a short term feeling or emotion and is usually triggered by a particular event. Overall long term happiness occurs when we feel good because things are going well over a period of time and we are happy with our life. Overall happiness is a long term feeling and is normally based on our own subjective viewpoint about our life.

This book reveals the simple secrets about both types of happiness. The Happiness Transformation will reveal the simple secrets of how to be temporarily happy - now - and how to be happy long term.

The benefits of happiness

The benefits of happiness are numerous, natural and healthful. Just feeling happy can produce a tremendous lift to your spirits, can be good for your immune system, can boost your brain function, reduce stress and can open the door to attracting good things.

What makes YOU happy? (check all that apply)

- money
- good job
- love
- family
- friends
- looking good
- feeling good
- nice house
- nice car
- food
- shopping
- golf

Do you want it?

Do you want to be happy? Do you REALLY want to be happy? The reason for this question is because some people may not want to be happy or may not be ready to be happy. How is that possible? Some people may be more comfortable being unhappy, they may be used to being unhappy, their life may be built around being unhappy. Being happy, if you are not used to it, is a new feeling. It can be a little unsettling, even a little scary.

To go from unhappy to happy is a change. A big change. A good change but a big change. Your life will be different. YOU will be different. You'll be happier. And you'll have to get used to that. The great news is that happiness is something truly valuable, truly priceless, and is not hard to get used to.

You can't force someone to be happy. In order to be happy a person has to allow it, has to want it. In order to be happy you have to **WANT** to be happy. It sounds stupid but it's true.

Have you had enough of being unhappy? Are you ready to give up unhappiness and trade it for happiness? Do you **WANT** to be happy? Now? If you answered Yes you are ready to proceed. You are ready to be happy.

Why people are not happy

There are many reasons why you may be unhappy or not happier. Maybe your life really does suck. Maybe you lost your job. Maybe your spouse is divorcing you. Maybe you didn't get the raise you wanted. Maybe your health is not as good as you'd like. Maybe you have good reasons to be unhappy. Maybe life is not fair. Maybe you're thinking that everybody else is getting all the good stuff and you're getting all the bad stuff. Maybe you're thinking that life is not fair. You're right, life is NOT fair! Life is not all sunshine and roses. Sometimes it rains, sometimes it pours and roses also have sharp thorns. Life, indeed, is not fair. And lately, maybe life has not been fair to YOU. And maybe you are not as happy as you'd like to be. And maybe your life really does suck right now. The key is the "right now". Right now does not mean forever (though it may feel like it). Right now only means right now. All by itself your life can turn around, can change, can get better. But we're not going to sit around and wait for that to happen. We are going to CREATE happiness. Starting now. And it's easier than you think.

OK, so maybe your life is not what you want it to be and you're not happy. On the other hand, you're not dead yet so there's hope. Though it may feel like you're in a box, like there's no way out, like your life sucks and will continue to suck - know this; your life is NOT over. And, if things look hopeless - know this; miracles DO happen! Don't give up before the miracle, be there for the miracle.

Perception

Happiness is largely based on perception. From childhood we learn that our happiness is dependent on outside forces. We base our feelings on how well we think the world is treating us. In the American culture we learn that happiness is based on how successful we are, our status in life, how much "stuff" we own, and how good or bad our partnerships, marriage and family is going. This viewpoint is reinforced throughout our lifetime by our parents, school, peer pressure, TV, work, the government and society. As a result, the pressure to perform is often enormous, the pressure to be successful is often intense. In America and around the world the happiness bar is set so high that few can attain or sustain the heights of happiness. Add to that the psychological hurts inflicted on us by circumstances and people as we go through life and it's no wonder so many people are unhappy or not as happy as they would like to be.

All that is about to change.

Let's begin with a true story of a life changing revelation ...

The choice

When I was in my mid-20's, and living in New York, my life fell apart. I was out of work, didn't know what to do with my life, wasn't broke but had no income, no wife, no kids, no girlfriend, nothing to occupy my time, and no place to go. My life was at an all time low. I didn't know what to do with myself. I couldn't sleep, I had no appetite, I had no interest in anything. I had no life. This went on for months, and things kept getting worse.

Late one sleepless night, after endless hours of flipping through the channels on my TV, and finding nothing to watch, I decided to take a bathroom break. In the bathroom I found myself staring at my face in the bathroom mirror. It was 3AM. I stared at the exhausted miserable depressed face in the mirror and thought that can't be me, that can't be MY face staring back at me. I didn't recognize my own face. I looked terrible. I continued to stare at the face in the mirror. I looked terrible. I felt terrible. I was horrified at what my life had become. I was a complete failure. I saw it etched deeply in my face. I was in total despair. I continued to stare at my face in the bathroom mirror. I saw myself at my worst. I had hit rock bottom. After 10 minutes of that I went back into the living room and continued to channel surf. Flipping through the channels I saw an attractive blond woman speaking to an audience. I thought it must be one of those endless late-night infomercials but something about the woman caught my eye. I turned up the volume to hear what she was saying. What she said was, "Happiness is a choice. You can CHOOSE to be happy." What? I thought, how can you be happy when everything in your life sucks? How can you be happy when your life is falling apart? When your life sucks you are supposed to be miserable, you are supposed to be UN-happy! Happiness is not a choice I thought, it's a reaction, a reaction to outside circumstances and when outside circumstances are not good how can you be happy? What is this lady taking about? She said it again: "Happiness is a choice. You can CHOOSE to be happy." Could it be possible? Could it be possible to feel good when everything in your life was bad? It sounded impossible to me. It went against everything I had learned about happiness. I had never considered that happiness was a choice. I had never considered that you could simply choose to be happy. I thought it was a stupid and crazy idea. But, as my life was a total disaster and I was at rock bottom I decided to test out the stupid and crazy idea that happiness was a choice, that you could CHOOSE to be happy. I decided to stop being miserable about my circumstances. It was difficult at first. I kept at it. After about 10 minutes I noticed that I was feeling better. After 15 minutes I was less miserable. After 20 minutes I was actually starting to feel g-o-o-d. I began to realize that I was getting happier, even though my circumstances were still miserable. I was CHOOSING to be happy. This was a completely new concept for me. It was a revelation. It was a miracle. My feelings were no longer tied to outside forces. I could choose how I wanted to feel. I chose to be happy. And it felt GOOD! It felt much better than feeling lousy and unhappy. The blond lady on TV was right! Happiness is a choice. You can CHOOSE to be happy! And when I chose to be happy instead of being unhappy my life started to change for the better.

Choose to be happy

You are not your circumstances. If your circumstances are not as good as you'd like there's often some good reasons for that ...

- 1) sometimes bad things happen to good people
- 2) sometimes we are simply at the wrong place at the wrong time
- 3) sometimes, by our own actions or inactions, we bring bad things upon ourselves

In spite of circumstances you can still choose to be happy. Your happiness does not have to depend on outside forces. Or other people. You can choose to be happy. All by yourself. Independently. You have the power to do that. You have the power to be happy. Right now. All you have to do is choose to be happy.

Can you be happy all the time?

No. Having an overall positive happy outlook does not mean that you will be happy all the time. The idea that you can be happy ALL the time is unrealistic. And there are situations where happiness is not appropriate; you probably don't want to be smiling and laughing at a funeral. You could choose to do that but it also might be considered highly inappropriate.

Life has its ups and downs and sometimes you will feel sad or unhappy. That is normal. Sadness or grief or unhappiness are common appropriate reactions to outside forces or bad things that happen to us and an appropriate time period is necessary to emotionally process and deal with these types of issues. A prolonged sustained period of unhappiness is another matter. If you are depressed or unhappy for a long time and it is interfering with your ability to function or enjoy life it is time to seek professional help. It's time to call your doctor. It's time to call your doctor NOW!

Depression

Depression can be caused by a chemical imbalance in the brain. That's chemistry. Depression is a medical issue, a medical issue that can be remedied. Millions of people suffer from depression. Here's a true story about one of those people ... me.

Once upon a time I had a serious operation. Major surgery. A number of months later I became very depressed. After a period of time of deepening depression I finally mentioned it to my doctor. Turns out that depression was common after the type of surgery I had. It was a chemical imbalance which caused the depression. I began treatment and a few weeks later I began to feel like my old self again. Living with depression is not fun, nor is it fun for everyone around you. Depression is very treatable and it's well worth seeing a doctor and getting cured. You do not have to cope with depression. You do not have to live with depression.

Stage 2
Attaining happiness

The goal of life

The goal of life is happiness. Happiness. That's what we're all seeking. That's how we're made. The goal of life is happiness. Think about it. That is what you (and everyone else) is really striving for in life. To be happy. All of us, every single one of us on the planet, wants most of all, to be happy. There must be a reason for that.

True happiness does not come from money or a big house or a luxury automobile or a face-lift or a big job or being popular or handsome or pretty or having lots of clothes or expensive toys. True happiness comes from within.

The goal of life is happiness.

It's what every parent wants for their children. Ultimately, parents just want their children to grow up and be happy.

In the end you don't want to be the richest or most powerful person in your community, you want to be the **happiest** person in your community.

In the end you don't want to be the meanest nastiest person in your community, you want to be the **happiest** person in your community.

In the end you don't want to be one of the unhappy people in your community, you want to be one of the **happy** people in your community.

The goal of life is happiness. That goal can be reached. It can be reached NOW.

Be happy right now

Here is an easy way to be happy right now ...

“I choose to be happy”

Say “I choose to be happy”.

Say it again. Concentrate.

Say it again.

Say it until you ARE happy.

The simple life

How busy are you?

- too busy
- very busy
- busy
- not busy
- not busy enough

Simplify your life. Keep it simple. When you focus on what's important you will have more time to focus on your happiness and the happiness of others. This does not mean you should neglect your obligations and responsibilities. It means that you should try to prioritize and spend as much time and energy as possible on positive things. To accomplish that you have to let some things go. And you have to learn to say No. Because you cannot please everyone all the time. You should not try to do more than you can do. When your plate is too full a lot of food goes uneaten or, if you eat too much you end up stuffed and unable to move. How do you know when it's time to simplify? When you are so busy that you can't do everything you are "supposed" to do. That means you are trying to do too much. When you try to do too many things over a period of time you end up exhausted or sick or drained, especially when you are doing too many things that do not produce a feeling of well being.

Today, everyone is busy. Very busy. Too busy. Too much to do, too little time to do it. Between work and family there is little time for anything else. Make time. Prioritize. Simplify. You can't please everyone every time. Learn to say No. And be prepared to pay the price for not doing what everyone wants you to do.

Are you too busy to be happy?

Activity is a good thing. Activity for the sake of activity is a misuse of valuable time. Too much activity can leave you no time for reflection, no time for your self, no time to be happy. Simplify your life.

Boredom

How bored are you?

- totally bored
- very bored
- a little bored
- not bored
- too busy to be bored

The opposite of being too busy is being too bored. Boredom can be boring. Boredom can also be dangerous. Too much boredom, extended boredom, may lead to depression, isolation, physical ailments, weight gain, weight loss, loss of libido, drug and alcohol abuse and even suicide.

How can you prevent boredom?

You can't. Everyone will occasionally find themselves with nothing to do. That's normal. Usually, it passes. Something comes along that takes away the boredom. If that does not happen, and you find yourself serious bored for an extended period of time, i.e. more than several days or weeks in a row, then it's time to fight boredom.

How can you fight boredom?

1. First, try not to become too bored for too long.
2. If boredom does set in, and lingers for more than a few days, find something to do. Pick an activity that appeals to you ... and do it. If you have to, force yourself to become active and involved in an activity that appeals to you.
3. In the absence of an activity that appeals to you, any activity that gets you moving, and gets your mind off your self, is valuable in fighting boredom. Just do something. Take a walk, take a drive, whatever. Just get out of bed, get off the couch, and m-o-v-e. If you have to, and are physically able, force yourself.
4. Make sure that, in fighting boredom, whatever activity you become involved in is good for you. If it's not good for you do not do it! (if you listen to the little voice in your head you'll know what's good for you and what's not good for you).

The objective in fighting boredom is to overcome the **inertia** of boredom.

Being productive

The real value of work is not only is it a way to make a living it also gives you something to do that keeps you busy so you don't have time to negatively dwell on yourself. This is one of the reasons so many people have difficulty when they retire or are out of work; they suddenly find themselves with nothing to do and nowhere to go. Many retired people

do not plan ahead for their retirement. They do not replace the structure and productivity of working with retirement activities such as hobbies, a new career or activities that provide involvement, purpose and satisfaction in being alive. Once a retired person decompresses from a lifetime of working it is important to continue to feel **productive**, **connected** and **to be of service to others**. Individuals who have a purpose, who are involved in things they are interested in or passionate about, are seldom bored or unproductive for long.

Avoiding boredom

The best way to avoid being bored is to find something you are interested in ... and do it!

It's also important to have a good positive outlook and a purpose in life. It's important to have a good reason to get out of bed in the morning. Are you bored? Do you have that "boxed in" feeling? The world is not a box. The world is an enormous, interesting, wondrous, ever-changing place, full of interesting people and things, things you never imagined existed. Interesting, fascinating things just waiting for YOU. Leave your boredom behind and go find one of them!

Worry

What do you worry about? (check all that apply)

- job
- money
- relationship
- family
- health
- everything

Worry is one of the most wasteful emotions. We worry about things, things that haven't happened yet, things that may or may not happen, things we have no control over. We worry about everything; our job, our money, our health, our relationships, our success, our failure, our sex life, crime, how we look, how we feel, world peace. We worry about everything. Stop worrying. Stop worrying about things over which you have little or no control. Worrying is a waste of time and energy. Instead of worrying about something, DO something about it. Take action. In advance. Or be prepared. If you can't do anything about a potential problem and you can't prepare yourself for it then what's the point of worrying about it? What does worrying about it accomplish? Nothing! Instead of worrying about something (which may or may not happen) it is better to be **concerned** about it. Worrying tends to get you stuck, tends to make you immobilized. **Concern** allows you to take action, to DO something about a potential problem ... before it becomes a problem.

Stop worrying. Stop worrying about things that haven't happened yet or may not happen at all. Worrying does not help you to solve problems nor does it help you deal with them, if and when they occur. Mostly, worrying ends up to be an emotional waste of time and energy and stands in the way of your happiness. Change worry into **concern**, and then do what you can do to deal with a potential problem or prevent it from happening if you can.

Worrying won't help you be happy ... and can make happiness impossible.

Sleep

How much sleep do you get?

- less than 4 hours a night
- 4-6 hours
- 6-7 hours
- 8 hours
- more than 8 hours

You need enough sleep. You need enough sleep in order to function and in order to restore and rejuvenate your mind and your body. Tens of millions of people have insomnia and other sleep problems. Stress, worry and fear can be major contributors to sleep problems. It is very common for people to toss and turn all night or sleep too few hours or not sleep at all. This may often be due to one's mind continuing to focus (at top speed) on problems instead of shutting down at night and resting. When I was in my 20's and a money market trader on Wall St I had the very same problem. I had a job that required me to function at an extremely high level, continually, all day long. From 7AM to 7PM. I could not go to sleep at night because my mind was still racing, reviewing the day's work (and problems) and planning the next day's work (and problems). The lack of sleep began to interfere with my ability to function on the job at the required high level. If this continued I would not be able to do my job effectively and I would soon be tired, and fired. I had to get more sleep. When I realized that it was my mind that was keeping me awake until 1AM-2AM I decided I had to do something about it. What I did was make a deal with my brain. The deal was that when it was time to go to sleep I would take all my problems, worries and fears out of my brain and set them down on the nightstand next to my bed. I promised my brain that all my problems, worries and fears would still be there on the nightstand in the morning when I woke up and I would pick all my problems up off the nightstand, put them back in my brain, and my brain could start spinning and racing and worrying all over again. After a few nights of trying this it began to work. I fooled my brain. I trained my brain. Now when it was time to go to sleep I was able to lay down, put my problems and worries and fears aside, and go to sleep. And in the morning I was refreshed and ready to face the day's work. That was decades ago and since then I have no trouble going to sleep at night. In addition, I learned something else; a lot of the things I worried about at night disappeared or lessened when I went to pick them up off the nightstand the next morning.

When it's time to go to sleep, the day is finished. Put your worries down. When day is done and it's time for sleep there is nothing more you can actually do right now about your existing problems, worries and fears. Put them down on the nightstand, or, if you have to, place an empty box next to your bed to put your problems in at night. Don't worry, all your problems, worries and fears will still be there in the morning. Or not. Meanwhile, you can go to sleep.

Perfection

No one is perfect. No one. Everyone has their flaws, their problem areas, a part of themselves they do not especially like. Everyone has problems. Some people have problems which may not seem like problems to you but are nonetheless big problems for them. Do not judge a book by its cover, or judge a person by their perceived public image. Do not envy those who appear to have a perfect life. If you envy others, without knowing them, without knowing the realities of their life, you are likely to be making a huge mistake.

You are human. Humans are not perfect. We all have limitations, we all may have an incorrect viewpoint or two on things, we may be overly sensitive or overly insensitive, or think we are too short or too tall, too thin or too fat, too poor or too rich, too busy or too bored, or something else that prevents us from being happy, happy with our self, happy with our life. It's always something that stands in the way of being happy. That's the problem. We let things stand in the way of being happy. Because we are human we have the ability to have negative emotions, often based on flawed perceptions, and we think that's the way it's supposed to be. We think that's the way it's supposed to be because that's the way we FEEL.

When I was younger I had the need to be super-competent in everything I did. That was a very hard thing to maintain, as I was only super-competent in very few areas, competent in most areas and completely incompetent in many other areas. I was driven to be super-competent in all areas of life. Most times I failed to live up to my own impossible standards and often ended up very frustrated and very upset. It was no wonder that I used to get a lot of headaches! I was operating under the misconception that I had to be perfect, super-competent every day in every way. With the help of some therapy I learned that I had a psychological need to be super-competent. I grew up thinking I had to be super-competent, a super man, in all ways. Did it work? No. It was a lot of work trying to be super-competent (and avoiding areas where I knew I was incompetent). It was an impossible goal. But I kept trying. By the time I was 30 I was getting pretty tired of trying to do the impossible. It wasn't working. When I finally realized that I was operating under a misperception that I needed to be super-competent in order to avoid criticism I was able to "update" my perception and gradually accept that I could not be super-competent. What a relief! The hard part was making it OK to be whatever I was, depending on what I was doing; sometimes super-competent, sometimes incompetent, mostly competent and adequate in many areas that matter. I changed my perception of myself, and even made it OK for me to be the worst thing I could ever be; incompetent. What a relief! Life got a lot easier once the ridiculous impossible pressure to perform super-competently was gone.

No one is perfect. You are not perfect. You are who you are. Make that OK, or make it a starting point for improvement. You are human, not perfect. Ease up on yourself and choose to have a more positive image of yourself.

Perception

Here's a few revolutionary ideas regarding perception and feelings ...

- Maybe your negative perceptions and emotions are **WRONG!**
- Just because you have a feeling doesn't make it an **appropriate** feeling.
- All feelings are not the same, all feelings are not equally important.
- Just because you have a feeling doesn't mean you have to act on that feeling. Sometimes it's better to let a feeling go and forget it.

To the person having the feeling it is a legitimate and appropriate feeling, based on their experience and perception and interpretation of that experience. The problem is that our perception and interpretation is often incorrect, often based on experiences that happened in childhood, and as adults we continue to act and react to situations the same way we did as a child. And, as adults, many of our perceived childhood hurts and fears are no longer **valid** but we keep those childhood hurts and fears and perceptions throughout our lifetime. Maybe, as adults, it's time to "update" a lot of the worries and fears that stem from childhood, from when we were 6-years-old ... and defenseless. Maybe, as independent grown-ups, we should re-examine those old incorrect invalid perceptions and fears from our childhood and let them go.

It is often said that "perception is reality". You have the power to change your perception ... and change your reality.

If you need help doing that, seek professional assistance.

Hate and other nasties

Since the beginning of time, humans have lived with hate. For thousands of years people have perpetrated religious, cultural and personal hate on others. Hate, murder, thievery, rape, torture, war, civil war, enslavement and other nasties have existed since ancient times and, in one form or another, are still with us today.

As humans, we have the capacity to do incredibly good things and incredibly bad things. As humans, we have the capability to fight disease, fight poverty and fight injustice or we can fight wars and fight amongst ourselves. No one will stop us but ourselves.

Since the days of Adam and Eve, the dark side of humanity has been alive and well. Yes, today we each still have the capacity for doing great harm to others. And many choose to do that. For many, a life of hate or envy or jealousy is the only life they know. It's the very foundation of their life. Much of the hate in the world is learned, is passed on from generation to generation, and never questioned. In some cultures and countries, among some people hate is a given. A fundamental of their life.

Hate is nasty. Envy and jealousy is nasty. Because these negative emotions - these nasties - prevent you from being happy. Even when compartmentalized, that compartmentalized part of you is an endless, treacherous detour to happiness. You can't get to happiness from hate. Hate and other nasties are an obstacle to happiness. The best thing in life is not hate, it's love. The goal of life is not hate, it's happiness.

Hate is not good for you. Hate is not good for anyone. It's a bad emotion. It's a bad motivation. It's bad for your soul. Yes, you have the power to hate. You can choose to hate. You can invest in hate. You also have the power to not hate. You can choose to not hate. You can leave hate alone. You can leave hate behind. You can **refuse** to hate. And, if you do, you'll be glad you did!

Life is short. Life is too short. Life is too short to hate. Life is too short for hate, envy, jealousy and all the other nasties we humans are capable of. Negative emotions are, however, part of our makeup and we can't get rid of them, not even by denying we have them or by passing federal, state or local laws against them. Perhaps the best we can do is be aware of our hate and other nasties and minimize them when they raise their ugly heads.

Minimize your hate. Minimize your hate, envy, jealousy and other nasty emotions ... and maximize your happiness. You'll be glad you did!

Thinking

If you think everything in this book so far is too simple it's because I kept it simple. I kept it simple because happiness **IS** simple. Don't make happiness complicated. Don't let thinking get in the way of happiness.

The goal of life is happiness. It's not **HOW** you get there that's important just that you get there. If you overthink the idea of happiness, if you insert "Yes, but", you'll probably never get there. I have a friend who wanted to be happy but couldn't figure out how. He spend decades researching religion, philosophy, psychology and everything else he could get his hands on. Because he tried to think his way to happiness he never got there. Until, finally, he stopped trying to figure out how to be happy and just started **BEING** happy.

In the end, you don't "think" happy, you just **BE** happy. For some, that's not simple. For some, it's a hard thing to do.

Don't let thinking get in the way of happiness. Happiness is simple. Just "go" there. Just **BE** happy. That's about as simple as it gets. Does it work? Yes, it works. If you let it.

Stage 3
Sustaining happiness

Be grateful

What are you grateful for?

- health
- family
- friends
- love
- nothing

Be grateful for what you have instead of dwelling on what you don't have. Find 5 things in your life that are good and list them below (yes, if you try hard enough you'll find them)

I'm alive _____

Stop. Take a few minutes right now, with no distractions, and concentrate on the 5 things written above, until you realize the value of those things and appreciate them. Do that and you will immediately feel happier.

When I was growing up my father, who was self-employed, had a plain little office in the basement of our house where he did his paperwork. In an alcove in the unfinished cellar the office had cement walls, no door, an old wooden desk, a creaky chair, a metal lamp, a phone and a couple of gray steel filing cabinets. On the wall of the ill-furnished plain little office in the basement my father had hung 1 decoration; a large plaque which read

...

**I complained I had no shoes
until I met a man who had no feet**

Sometimes we forget how good we have it. And how bad someone else may have it. The moral is: do not whine or complain about what you don't have and be grateful for what you do have.

Shoulda, woulda, coulda

Do not play “shoulda, woulda, coulda”. Do not play, “if only”. Examples of shoulda, woulda, coulda and “if only” are:

“If only this or that would happen I would be happy”.

“I shoulda done _____ and if I had done it I woulda been _____”.

“If only I had _____”.

If I had it to do over again I woulda _____.

“If only _____ happened I coulda been rich or famous or rich AND famous“, etc, etc, etc.

Shoulda, woulda, coulda. If only. Don't play it. Playing shoulda, woulda, coulda or “if only” is living in the past, a past that didn't happen. “If only” is living in the future, an imaginary future, an imaginary future which may never happen.

Regrets

How many regrets do you have about things you did?

- too many
- a lot
- some
- a few
- none

How many regrets do you have about things you **didn't** do?

- too many
- a lot
- some
- a few
- none

It is better to have few or no regrets. You can do that by realizing that whatever you did hopefully you did the best you could, with the information you had at the time.

If you made a big mistake, and it still bothers you, if you can still correct it, do so, or let it go.

If you made a big mistake and can't correct it then forgive yourself for being an idiot ... let it go ... and move on with your life.

Mistakes are how we learn, how we grow, how we become a better person. If you don't make mistakes you are not taking any risks and, if you don't take any risks, you don't get any rewards. When you make a mistake, when you do something you regret, do not beat up on yourself forever, it does little good and can do much harm. When you are 80-years-old and sitting in a rocker on the front porch you don't want to look back on a life full of regrets. The way to avoid that is to THINK about the consequences of your actions BEFORE you do something. Think about how you will feel about the situation when you are 80-years-old and looking back at it. Then do the right thing.

Think of mistakes not as mistakes but as "learning experiences".

Everybody has done things they later regretted. You are human. You are not perfect. Next time you'll know better, next time you'll do better. Do not get stuck in your mistakes. Do not regret your "learning experiences".

Make memories

“Some day, if you’re lucky, you’ll be old, really old, and sitting in a rocking chair.

Some day, if you’re lucky, you’ll be old, really old, and sitting in a rocking chair and looking back over your entire life. You’ll look back and remember. You’ll look back and remember your hopes and dreams. You’ll remember the good times and the bad times. The struggles. The love. The pain. The successes and the failures. The fun. The tragedies. The things you did do ... and the things you didn’t do. When you are old, and looking back at your life, what will count most? What will be important and meaningful? What will have real value?

The memories.

When you are old, really old, you will want to look back at your life and be able to relive lots of wonderful memories.

Make memories. Make them now. Make them glorious!”

- from the book, “Stories Of A Lifetime“, by Andrew Lawrence

Put a smile on your face

How often do you smile?

- always
- often
- sometimes
- rarely
- never

A genuine smile tells the world you are happy. And the world responds to a smile; people like you when you smile. And when people like you they are more apt to wish you well, to want to make good things happen for you. When you smile people are more attracted to you, you are more approachable, it's easier to start a conversation and a smile makes other people feel good, it makes other people feel happier, which in turn makes YOU feel good, makes YOU feel happier. It doesn't have to be a big smile, it can be a little smile ... as long as it's a genuine smile. A genuine smile can work wonders. Put a smile on your face. And if people ask you why you are smiling (and they will) just tell them, "I'm alive. That's a good reason to smile".

Make your soul happy

Your soul does not want money, a new car, new clothes, new shoes or a new handbag. Your soul does not want to be petty, vengeful, angry, sad, confused, tired or sick. Your soul does not want to be obese or anorexic, or watch more TV or send and receive more text messages. Your soul does not need a college education or a PhD or a better job or a hot stock or more credit cards. Your soul does not want to drink lots of beer or wine or scotch or rum or bourbon or gin or vodka. Your soul does not want to snort cocaine, shoot heroin, do methamphetamines or smoke marijuana. Your soul does not want to smoke cigars or cigarettes, Your soul does not want to binge on cheeseburgers, pizza, ice cream, potato chips or chocolate (though a little chocolate IS good for the soul).

The soul wants few things. The things a soul wants do not cost money. The things the soul wants are free. The soul wants Peace. It wants Harmony. It wants Nature. It wants Beauty. It wants Love. It wants to be Recognized. It wants to be Happy.

When strangers smile or nod at you, without speaking, that's their soul recognizing your soul. Saying hello. I often smile or nod at perfect strangers and, **if eye contact is made**, rarely fail to get a nod or smile in return. That is my soul recognizing their soul and their soul returning the greeting. The recognition feels good. It's good for the soul. It makes the soul happy. That recognition connects souls, connects people at a higher level, a spiritual level, a metaphysical level, the level of the soul. It makes you feel part of the human race, part of the universe. And also makes you feel that you are not alone.

Put a smile on your face.

Happiness homework

Your happiness assignment is to do these 7 simple things ... over the next 7 days ... and see how much your life will improve.

Choose to be happy

Happiness is a choice. You can choose to be happy. Choose to be happy, every day.

Take a break

Stop. Take a break. Now. At a minimum take 1-2 minutes, and do "nothing". Look out the window, daydream, think of something luxurious, think of something good. For yourself. This important little exercise can refresh you and help clear your mind. Take a break (or several) every day.

Take a breath

Take a deep breath, hold it, then let it out. Now do it again. This is an excellent way to reduce tension and stress and only takes a few moments. Do this several times throughout the day. Every day.

Take a hike

Regular exercise is very beneficial to your health and, next to swimming, walking is the single best exercise you can do. It's easy and requires little or no equipment. This is an excellent way to build stamina, tone muscles and maybe even shed a few of those extra pounds along the way. If you are physically able to do so, take a brisk walk. Every day.

Be grateful

Be grateful for the things that you do have. Be grateful. Every day.

Help someone

A simple act of helping someone can make you feel good about yourself. It doesn't have to be a major undertaking. Even just a smile, a simple compliment, a kind word, telling someone you appreciate them is often all it takes. Help someone every day.

Put a smile on your face

A genuine smile can work wonders. Put a smile on your face. Every day.

These 7 things can help you greatly improve your life. In as little as 7 days. They can help you gain more positive control over your life. They can help boost your self-esteem. Together, they can improve you physically, mentally and spiritually. These 7 things can help make you happy ... and help keep you happy.

Why 7 days? Because everyone is different. Some people may benefit immediately - on day 1, others may see improvement each day and some people simply tend to respond more slowly. The 7-day program is designed to accommodate these different response rates and to improve your life accordingly.

1. choose to be happy
2. take a break
3. take a breath
4. take a hike
5. be grateful
6. help someone
7. put a smile on your face

Do your homework.

The happiness habit

Make happiness a habit. A daily habit. Here's how I make happiness my daily habit ...

When I wake up in the morning I am happy. I'm happy because I woke up. Because that means I am alive and not dead.

Any day you wake up is a good day. Any day you wake up without pain is a GREAT day. The rest of the day is a gift, an extra, wonderful gift. A canvas upon which to paint another day of your life. A new day to paint something, something better, something happy. A new day is a chance to experience something beautiful, a chance to see or do something fantastic, something fantastic that you never saw or did before or never knew existed. A new day is a chance for something wonderful to happen to you. A new day. A new chance.

A new day is a true miracle. YOU are a true miracle. Because you are alive. And, as long as you are alive, there's always hope, always the chance of a miracle. Hang in there. And while you're hanging in there make happiness a habit. When you're happy good things can happen. Be there when they do.

I know, the happiness habit sounds simple. Guess what? It **is** simple! Though the happiness habit is indeed simple it took me 50 years and 2 near-death experiences to learn it.

Make happiness YOUR habit.

Practice happiness

Happiness takes some getting used to. Happiness takes some retraining, some practice. When you start off from a position of happiness you do not have your usual defense mechanisms operating. When you start off from a position of happiness you leave yourself open to hurts and disappointments, hurts and disappointments from others, hurts and disappointments from outside circumstances, whether those hurts and disappointments are intentional or unintentional. When you start off from a position of happiness you are open to the hurts and disappointments you usually defend against. That can make you feel vulnerable. And uncomfortable. And anxious. The good news is that you'll get used to happiness, and once you get used to it, happiness makes you **stronger** and allows you to **rebound quickly** from those hurts and disappointments. In the beginning starting from a position of happiness can be a little scary. Keep at it and the scariness will go away. Happiness takes practice.

And in practicing happiness, you will have to monitor your thoughts and your emotions. Instead of automatically giving in to a negative emotion, such as fear, worry, hurt, anger, envy, etc, when you feel the negative emotion ... stop. Stop. Stop **before** it takes you over or you act on it. Just **stop**. Then ask yourself if that's how you want to feel. That way you have more control over your happiness, or unhappiness. That way you are exercising your **choice**, your choice of being unhappy or happy. If you ask yourself if you want to feel, or act on, a negative emotion and your answer is Yes then go ahead. Just remember that it will make you unhappy. Understand that you are choosing NOT to be happy. And remember that for every minute you are upset and unhappy that's 60 seconds you can't be happy.

Happiness takes practice. Practice happiness. If you practice happiness, soon your happiness will become automatic.

Get out of the way

The only thing standing in the way of your happiness is YOU. All too often, we ourselves are the obstacle to our own happiness. We often invest in our problems, often invest in feeling deprived or cheated or disadvantaged or unfulfilled or lonely or overweight or out of shape or old or undeserving or something - rather than investing in solving the problem, rather than DOING something constructive about it or learning to accept it and make it OK. Why? Because it's easier. It's human nature. We find excuses for not being happy or happier and then rationalize ourselves to believe the excuse instead of the truth. The truth is that life is not fair. Nobody ever said that life is fair, nobody ever said that life is easy. The truth is that everyone is NOT equal. No, I am not being racist. Everyone should be treated equally but, individually, we are all unique and NOT the same. The truth is that you may have to work harder or longer or be luckier than someone else. The truth is that some people are luckier or smarter or better connected or better educated or more attractive than we are. And, as result, life is easier for some and harder for others. That's how it is. That's life. That's the reality. And that reality gives you 2 choices; you can feel sorry for yourself and be unhappy or, you can work harder, educate yourself, apply yourself, and take the necessary steps to achieve the goal of happiness.

In the end, your happiness is YOUR responsibility. And the only thing standing in the way of your happiness is YOU. Get out of the way!

Stage 4
Transform the world

Happiness is contagious

“Could happiness be contagious?”

Research from Harvard Medical School and the University of California, San Diego suggests that happiness is influenced not only by the people you know, but by the people they know.

The study showed that happiness spreads through social networks, sort of like a virus, meaning that your happiness could influence the happiness of someone you've never even met.

Sadness spreads too, but much less efficiently, says study co-author James H. Fowler, PhD, of the University of California-San Diego. "We have known for a long time that there is a direct relationship between one person's happiness and another's," Fowler tells WebMD. "But this study shows that indirect relationships also affect happiness. We found a statistical relationship not just between your happiness and your friends' happiness, but between your happiness and your friends' friends' friends' happiness."

Three Degrees of Separation

Fowler and Harvard social scientist Nicholas Christakis, MD, PhD, have been studying social networks for several years ...

Happy Friends Make You Happy

They concluded that the happiness of an immediate social contact increased an individual's chances of becoming happy by 15%, Fowler says.

The happiness of a second-degree contact, such as the spouse of a friend, increases the likeliness of becoming happy by 10%, and the happiness of a third-degree contact -- or the friend of a friend of a friend -- increases the likelihood of becoming happy by 6%.

... Having more friends also increased happiness, but having friends who were happy was a much bigger influence on happiness.”

From: WebMD

By Salynn Boyles

WebMD Health News

Dec 4, 2008

Happiness is contagious. Infect someone today.

Happiest countries in the world

The University of Michigan's World Values Surveys (WVS) has compiled data on the happiest countries in the world for over twenty years. Their results are considered the most authoritative by happiness researchers.

Ranking of Countries by Level of "Subjective Well-Being"

1. Puerto Rico
2. Mexico
3. Denmark
4. Colombia
5. Ireland
6. Iceland
7. N. Ireland
8. Switzerland
9. Netherlands
10. Canada
11. Austria
12. El Salvador
13. Venezuela
14. Luxembourg
15. U.S.
16. Australia
17. New Zealand
18. Sweden
19. Nigeria
20. Norway
21. Belgium
22. Finland
23. Singapore
24. W. Germany
25. France
26. Argentina
27. Vietnam
28. Chile
29. Indonesia
30. Philippines
31. Taiwan
32. Brazil
33. Spain
34. Israel
35. Italy
36. Portugal
37. E. Germany
38. Slovenia

39. Japan
40. Czech Rep
41. S. Africa
42. Croatia
43. Greece
44. Peru
45. China
46. Morocco
47. S. Korea
48. Iran
49. Poland
50. Turkey
51. Bosnia
52. Uganda
53. Algeria
54. Bangladesh
55. Egypt
56. Kyrgyzstan
57. Hungary
58. Slovakia
59. Jordan
60. Estonia
61. Serbia
62. Tanzania
63. Azerbaijan
64. Montenegro
65. India
66. Lithuania
67. Macedonia
68. Pakistan
69. Latvia
70. Albania
71. Bulgaria
72. Belarus
73. Georgia
74. Romania
75. Moldova
76. Russia
77. Armenia
78. Ukraine
79. Zimbabwe

Please note that not all of the world's countries are included in the survey.

Let's make EVERY country a happy place!

Transform yourself. Transform the world.

Let's recap ...

The goal of life is happiness.

Feeling happy can produce a tremendous lift to your spirits, can be good for your immune system, can boost your brain function, reduce stress and can open the door to attracting good things.

Your life is not over and you're not in a box. And, if things look hopeless know this; miracles DO happen! Hang in there until the miracle happens.

Happiness is largely based on perception. It is often said that "perception is reality". You have the power to change your perception ... and change your reality.

Happiness is a choice. You can CHOOSE to be happy.

You can choose to be happy NOW.

Make time for happiness. Prioritize. Simplify.

You need enough sleep to function and in order to restore and rejuvenate your mind and your body.

You are human. Humans are not perfect.

Do not play "shoulda, woulda, coulda". Do not play, "if only".

Make memories. Make them now. Make them glorious!

Do your happiness homework.

Make happiness a habit.

Practice happiness.

Get out of the way and let happiness happen.

Put a smile on your face.

Be grateful.

Transform yourself. Be happy.

Happiness is contagious. Infect someone today.

Through happiness we can transform the world.

Helping others

Part of true happiness involves being of service. Being of service to others. Being of service means helping others. Your personal fulfillment involves you being of service to others. Without that factor, without being of service and helping others, you will never feel totally happy, you will always feel incomplete and somewhat unfulfilled, as if “something” is missing from your life. Being of service, helping others, is a large and important part of higher and deeper happiness and complete fulfillment.

There are many ways you can help others. Being of service to others can take many forms and can be active or passive. Active service can be volunteering or donating your time through organizations that help others. You could volunteer at your local soup kitchen, homeless shelter, Salvation Army, Red Cross, hospital or one of the many charitable organizations in your area. Or you could donate money. Or you could make an effort to help people directly, by being available to people who need help and could benefit from your talents and experience and expertise. Lawyers do this when they supply their legal services pro bono, for free.

Each of us has a unique and special talent for something. Each of us has something that we love to do, that we do exceptionally well. That something, that natural talent and ability, is a good thing to use in helping others. And, in doing that, in helping others, you will be fulfilled, you will fulfill your higher purpose in life. It's not always about having professional experience and expertise or special education in a given field (such as law, medicine, finance, etc) it's about helping others. Throughout my life people have approached me for advice or understanding of their problems. I help them by understanding their problem, clarifying it, and exploring possible solutions with them. Apparently, I am good at this and have a natural talent for it, as people keep seeking me out for this. Including strangers. I have no formal training for it, do not do it for money and am careful not to render legal, medical or other licensable advice. Over my lifetime I have helped hundreds, maybe thousands, of people in this way. It seems to work; after talking with me about their problem they go away feeling better. This is how I am of service to others, how I help others, how I fulfill my true purpose in life. And, I also write articles and books that can reach and help MORE people understand and improve their life. Or, in the case of this book, achieve the goal of life; happiness. What do I get from doing this, from being of service to others? A lot. I get a lot of satisfaction, a lot of happiness and I am fulfilling my life purpose.

"Everyone has a purpose in life ... a unique gift or special talent to give to others. And when we blend this unique talent with service to others we experience the ecstasy and exultation of our own spirit, which is the ultimate goal of all goals."

**- Deepak Chopra
author**

However you are of service to others, do it gladly, do it selflessly, do it whenever you can. The reward you get for helping others, for being of service to others, is **fulfillment** ... a

deep sense of purpose and happiness.

Being of service to others, helping others, can make YOU happy. And it can change the world.

If not now, when?

When will you change your life? When will you start? Tomorrow? Next week? Next month? When will you be happy; when “this” happens? When “that” happens? When will you go on a diet or go to the doctor or end a bad relationship? Tomorrow? Next week? Next month? When will you do the things YOU want to do? Tomorrow? Next week? Next month?

When will you start being the person you want to be? Tomorrow? Next week? Next month?

When will you start living the life you want to live?

When will you be happy?

What you do today determines what your life will be tomorrow. Get started. Get started today. Get started NOW.

Be happy now. If not now, when?

Transform the world

You can make a difference. You can help make the world a better place. A happier place. How? Here's how you can make a difference, here's how you can change the world. It's as easy as 1, 2, 3 ...

1. Be happy.
2. Happiness is contagious. Infect someone today.
3. Give happiness to others. If you know people who are not happy - friends, family, co-workers - urge them to get The Happiness Transformation. Or, better yet, buy a copy and give it to them.

If we all do that, we can make a difference. If we all do that we can change the world. If we all do that we can make the world a better place. A happier place. Let's do it!

The Happiness Pledge ...

The Happiness Pledge

On this _____ day of _____, in the year _____

I, _____, hereby pledge to be happy.

I will choose to be happy. I will make happiness a habit.

I will help others; I will help others be happy.

In being happy I will help make a difference. In being happy and helping others be happy
I will help change the world.

signature: _____

Today's happiness

Write down 1 simple thing that would make you happy today:

Go make it happen

Happiness quotes

“The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself.” - Benjamin Franklin

“If you want to be happy, be.” - Leo Tolstoy

“Those who can laugh without cause have either found the true meaning of happiness or have gone stark raving mad.” - Norm Papernick

“Happiness is like a butterfly which, when pursued, is always beyond our grasp, but, if you will sit down quietly, may alight upon you.” - Nathaniel Hawthorne

“Most folks are about as happy as they make up their minds to be.” - Abraham Lincoln

“Misery is almost always the result of thinking.” - Joseph Joubert

“The only time I was truly happy was as a child, before I knew what happiness was - or wasn't.” - D.H. Mondfleur

“In order to have great happiness you have to have great pain and unhappiness - otherwise how would you know when you're happy?” - Leslie Caron

“On the whole, the happiest people seem to be those who have no particular cause for being happy except that they are so.” - William R. Inge

“For every minute you are angry, you lose sixty seconds of happiness.” - Author Unknown

“Happiness is not being pained in body or troubled in mind.” - Thomas Jefferson

“Now and then it's good to pause in our pursuit of happiness and just be happy.” - Guillaume Apollinaire

The next step

The next step is to transform the world. To make the world a better place. To make the world a happier place. By spreading happiness. By spreading the word.

By being of service to others. By helping others be happy.

I wrote this book to show you how to be happy. Now, and for the rest of your life. The second reason this book was written is so that we can transform the world, by helping others be happy. We can do that by giving a copy of The Happiness Transformation to friends, family members, co-workers. And they, in turn, can pass the happiness book on to their friends, family members, co-workers. Doing that, we can change the world. Together, we can make the world a better place. A happier place.

Together, we can transform the world. Let's do it!. If we all do our part, we CAN transform the world. YOU are part of the transformation. Start today. Start NOW! You'll be happy you did.

“Never doubt that a small group of thoughtful committed people can change the world. Indeed, it is the only thing that ever has.”

- Margaret Mead, anthropologist

That's you, the readers of this book; a small group of thoughtful committed people. Use the book and transform the world.

Transform yourself. Transform the world.

Here's what to do next ...

1. List 3 people (friends, family, co-workers) you would like to read the book ...

2. Gift a copy of the book to each of the 3 people above. To do that go to Amazon.com and in the search box enter “The Happiness Transformation”. Buy 3 copies of the book and give them to each of the people on your list. Or, if you can't afford to do that, urge each of them to get the book themselves.

3. Promote The Happiness Transformation on your web site (if you have one), post it on

social networking sites, message boards, etc., email everyone you know, tell people in person. Get the word out.

We're happy and we're out to transform the world!

Let's do it!

Books by Andrew Lawrence

Inspiration. Motivation. Enlightenment.



The Happiness Transformation

The goal of life is happiness. This revolutionary book shows you how to achieve that goal, how to be happy - NOW - and for the rest of your life.

MONEY - The Basics

An easy to understand book about money. A must-read for anyone who wants to be more money savvy. "The most valuable book you'll ever read".

Stories Of A Lifetime

A motivational memoir covering extraordinary events in an extraordinary life. Amazing and true stories. A true literary treat!

Discover Your Life Purpose in 30 minutes

An interactive book which quickly reveals your unique and special purpose in life.

All books available at [Amazon.com](https://www.amazon.com)