

THE HAPPINESS BOOK



Victor Lee

INTRODUCTION

Hello my friend,

Thank you for taking the time to read this ebook.

Everybody wants to be happy. Some of us are more fortunate than others. They seem to be happier. They seem to enjoy the success they want in life, have the family they want, and the lifestyle that many desire.

Some people, on the other hand, tend to have less happiness in their lives. Perhaps you are one of them. Perhaps you are struggling with some setbacks in your life now and trying to get your life back on track.

My name is Victor, and the purpose of writing this book is to show you there are things that you can do to make you feel happier rightaway. Whatever challenges you may face, and whatever setbacks you may encounter, know this. Happiness is a choice. Yes, you can do something about it.

In this book, I will show you ten simple yet effective ways to make yourself feel and be happier, and I hope that you can spread your new found happiness with people you care.

Turn the page and start your journey today. Make happiness your priority and watch how your life will transform in every area when you choose to be happy.

Let's get started!

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TEN WAYS OF FINDING HAPPINESS

PRACTICE GRATITUDE

This is probably the most powerful way you can attain true happiness. Take a look at your current situations. What do you see? Are you seeing things you do not have? Or are you appreciating the things you already have? I first learned of the power of gratitude on the movie *The Secret*. In the past, I used to be always looking at things I lack. I do not have the house I desire, I do not have enough money, I am always unhappy. When you start practicing having a heart of gratitude, and begin looking at the things you have and be grateful for them, your life will start to change. You can begin to write a list of things that you are grateful for in your life. A simple list can go like this:

Things I am grateful for:



1. My loving family
2. My amazing children
3. A place I can call home
4. A job that gets me paid
5. Food to live on
6. Great friends
7. Eyes that can see
8. Legs to walk with
9. A healthy body
10. A life worth living

The list goes on. You see, there are many, many things that we can choose to be grateful for. While most of us take these things for granted (for example, a job that gets me paid), there may be others who are out of job and struggling to get employed. There are also many people out there who are hungry every day. By choosing to be grateful for all the things in your life, you will be happy for what you have. It is impossible to feel grateful and unhappy at the same time.

LOVE YOURSELF

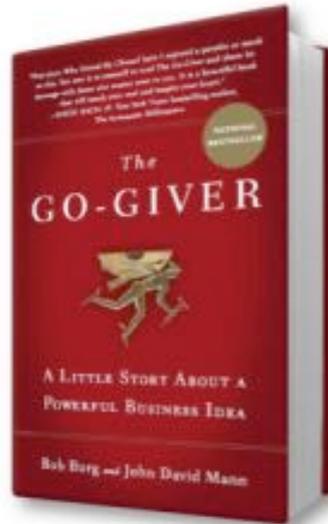
The biggest power in the whole world is the power of love. Think about it, whatever you are doing now (be it work, relationship, parenting, taking care of your health) for whom and what are you doing it for? It is definitely for the love of someone you care for that you are doing what you do. You may not be in love with your job now but certainly it is because you want to feed your love ones that you persist going to work every single day. Love is a very powerful force. While this kind of love is very much focused on people around you, sometimes it makes you unhappy. You may question yourself why you have to go through so much in life? And when you are unhappy, the power of love diminishes.



So always love yourself first, and love yourself more. They say your outside world is a reflection of your inner world. So if you are seeing a less desirable outside world, pay more attention to your own life because if you focus on loving yourself more, you can work on yourself to change things. Don't always try to change the world. Instead, try to love yourself more and in turn, you will notice that things around you will start to change. That's because when you love yourself more, you can in turn love others more. Make some time for yourself. If you find yourself unhappy and stressed out, take a break. Relax and recharge yourself. When you love yourself, you will find that you will find the strength to be more focused on your goals, organize your thoughts better, and get more things done. You will, of course, be happier.

BE A GO GIVER

The book “The Go Giver” by Bob Burg illustrates the power of giving in the business sense. It is a highly recommended book because it challenges the go-getter’s old methods of cutthroat, win-at-all-costs business practices and said that instead if you give more, you will achieve greater success.



[\(Click here for amazon reviews on The Go-Giver\)](#)

The ability to give is very powerful. It means that you will be living a life of abundance because you can give. There are many ways you can give to others, and it is not necessarily in terms of money. You can volunteer your time to help communities, you can lend a helping hand to someone in need, like helping someone cross the road or find their directions around when needed. You can give your advice to people on areas or skills that you are knowledgeable, or you can cook something nice for your neighbor.

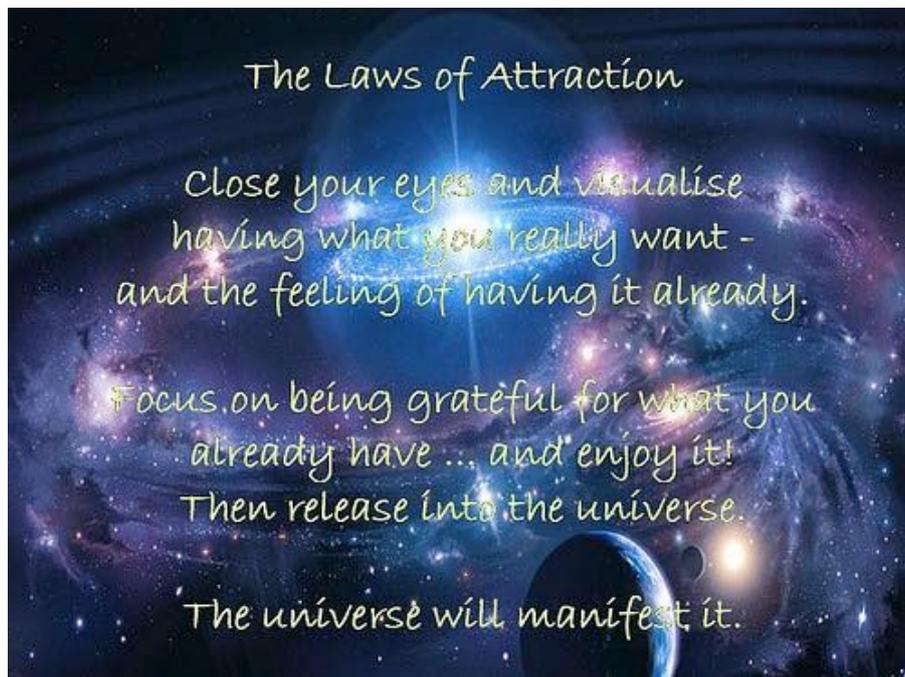
Such acts of giving take up little of your time but there are many positive benefits. Firstly, you will feel really good because your actions to help people is noble and secondly, you will see that there are many people whose situations are not as ideal as you and that gives you a wider perspective of life.

Of course, if you can give more to society financially, it is even better. Being a go giver will make you feel happier for your generous efforts but more importantly, the people you give to will benefit even more from your generosity.

LAW OF ATTRACTION

We are what we think about and the law of attraction (also from The Secret) tells us that the universe will give us exactly what we ask of. If we are thinking of better health, more money etc. the universe will give us more of that. Similarly if you are thinking you want to get out of debt or do not wish to be sick, the universe will give you what you ask for – debt and sickness. It does not differentiate what you ask of and delivers just what you focus on thinking about.

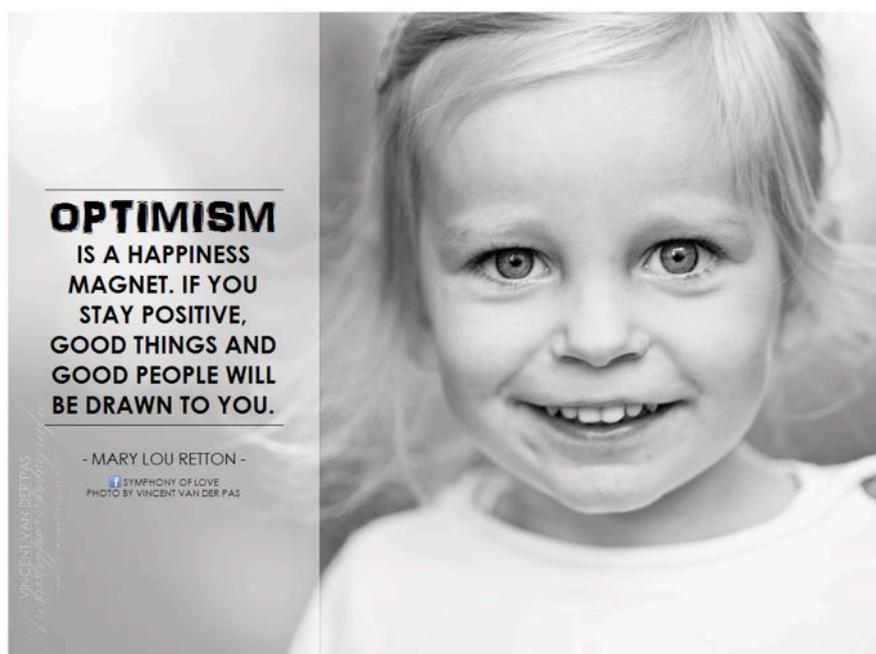
If you want happiness in life but am always sulking, worrying, feeling unhappy, complaining and being negative about life, then you will continue to attract more of unhappiness in your life. It is not about money. There are many rich people in the world that are not happy, simply because while they have money, they attract worries in their lives.



So to be happy, you have to cultivate the habit of having happy thoughts. Think of the things you love to do more often. Think of moments like when you first fell in love, when you scored an A for a subject, when your partner first said yes to a date or anything that makes you excited and happy. Hold those moments close to your heart and you will feel happy even if you may be in a less desirable situation. You will notice that once you focus on things that makes you feel happy, you will feel better and will be ready to take on challenges in a more positive state.

THINK POSITIVE

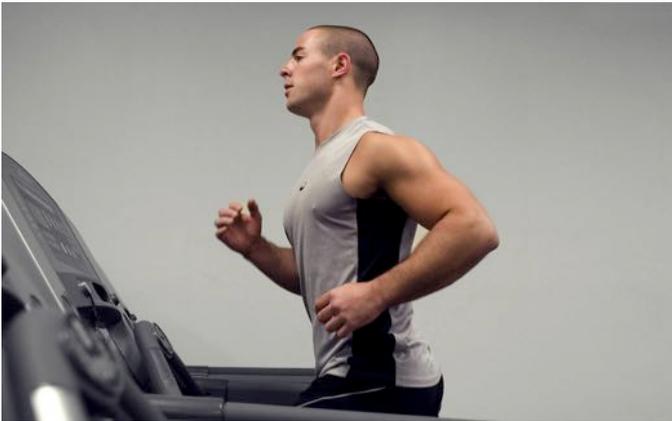
You have probably heard of positive thinking, and may even have your own thoughts about it. Perhaps you have even tried to think positively in stressful situations but it did not seem to help. Regardless of your experience, I believe that having positive thinking is still better than thinking negatively.



One of my weakness is procrastination. In the past, I always procrastinate when I wanted to do something. I always 'imagine' the worst possible outcome that can happen to me. For example, if I were to write this book, I will think of all possible failures that will happen. I will begin to think that I am not good enough to write a book, and that no one will read my book. I will think that I may not even finish what I start and give up in the process. That was a result of my negative thinking all these years. By switching my thoughts from negative to positive thinking, I am then able to put on my thinking cap and get to work. I begin to think of what can go right instead of what can go wrong. I now imagine my book read by many people, and helped many people benefit and become a happier person. By shifting from negative to positive, my energies change from procrastination to hope, plan and action. And when there is action, there is always results. You will be definitely be happier with positive results as compared to dwelling in negativity.

EXERCISE

Everyone knows that exercise is good and we should all exercise to keep ourselves fit, so that we can do more of the things we love, and to live a longer life. However, ask yourself when was the last time you exercised? Or look around your circle of friends. How many of your friends have that big beer belly in front of them? Yes, when we exercise our bodies release a hormone called endorphins, and this hormone makes you happy. Take thirty minutes a day to do some simple activities that raises your heart beat a little. It will make a positive impact to your life and your happiness.



There are many ways you can make exercising fun. No, you do not have to start running a marathon to keep fit. Neither do you need to have to hit to the gym and sign up an all expensive membership. There are simple exercises that can help you get your heart pumped up and your body moving. In fact, a famous 7 minute exercise that you can learn from Youtube will be a good start for beginners. Gather some friends and do it together. Go for a stroll with your love ones. Go for a swim if you prefer to exercise alone. There are so many ways to find happiness from exercising and it makes you healthier.

MEDITATE

There are also many benefits to meditation. In today's world, we have so much going on in our lives that it is easy to get overwhelmed with life itself. Meditation is proven to make a difference in lives because it helps to reset the brain each day simply by being still. Apart from finding inner peace, meditation can help in the following:

- a) Improved Health
- b) Clarify of the Mind
- c) Stress Reduction
- d) Happiness
- e) Better Concentration and Focus
- f) Cultivates Your Inner Strength

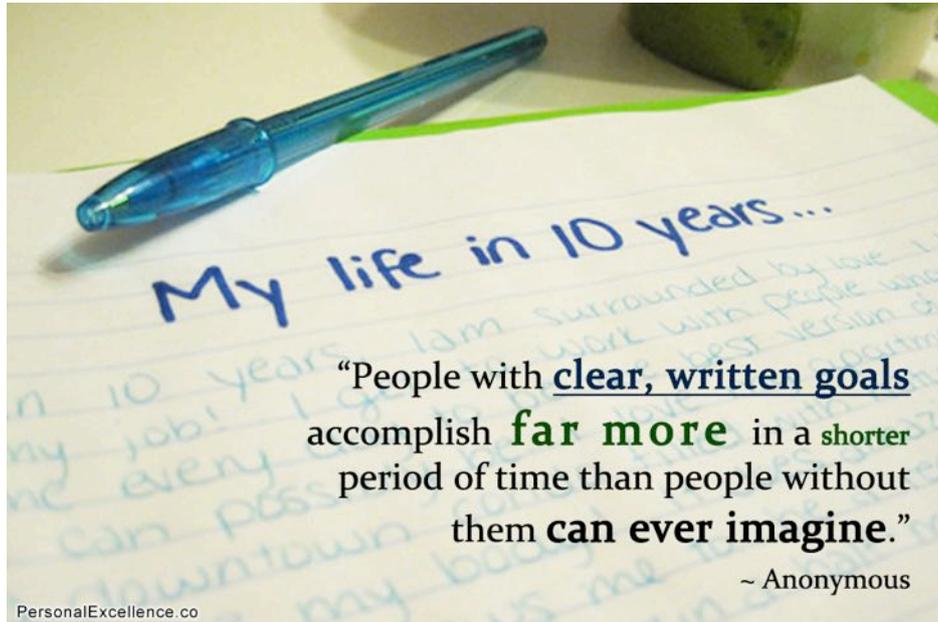
There are many meditation techniques out there. Most of them deal with breathing techniques and clearing your mind. For a beginner, I will suggest you to meditate with specialised meditation music as it can really help you to calm your mind during meditation. You can get free meditation music here.

[Click on this link or the image and it will bring you to the website for download.](#)



SET GOALS

Many unhappy people the world do not know why they are not happy. They get busy every day with work, with their family, with life and live a busy but unfulfilling life. They are not happy because simply, they do not really know what they want. In short, they do not have goals in their lives.



It is therefore important to have dreams and goals in our lives to pursue. Goals help turn dreams into reality and with clear goals to strive and achieve for, you will feel happier.

Imagine that after a hard day's work you get on your car and decide to go home to rest. The problem is you do not know where your house is. Nevertheless, you started the engine and began driving. Fifteen minutes later you are still on the road, nowhere near home. You continued driving. An hour later, you are still driving. Some of the roads seemed familiar. It seemed like you have just passed that corner earlier. You began to feel frustrated. Still, you continued to drive. Two hours later you feel lost, angry, disappointed, hungry. You are not very happy.

The problem with the driver, in this case, you is that you do not know where is your goal. Similarly, many people are not happy because they do not know what are their dreams and goals. They may be well to do financially but with the money in the bank they will still feel unhappy. Having clear goals and achieving them gives us satisfaction, and that is sure to increase your happiness index. To help you in setting clear goals for yourself, you can consider using the S.M.A.R.T goal setting technique.

DO SOMETHING FUNNY

We were all happy as a child when we had no worries of adulthood. We laughed when we feel joy, and we cry when we could not get what we want. We were simple. We love funny things and funny people. They always make us happy. Yet somehow along the way of growing up, we start to lose our childhood innocence and happiness mainly because our environment starts to shape us into a different kind of person. Not only do we become more complicated, we become more serious and tend to hide our emotions from others.

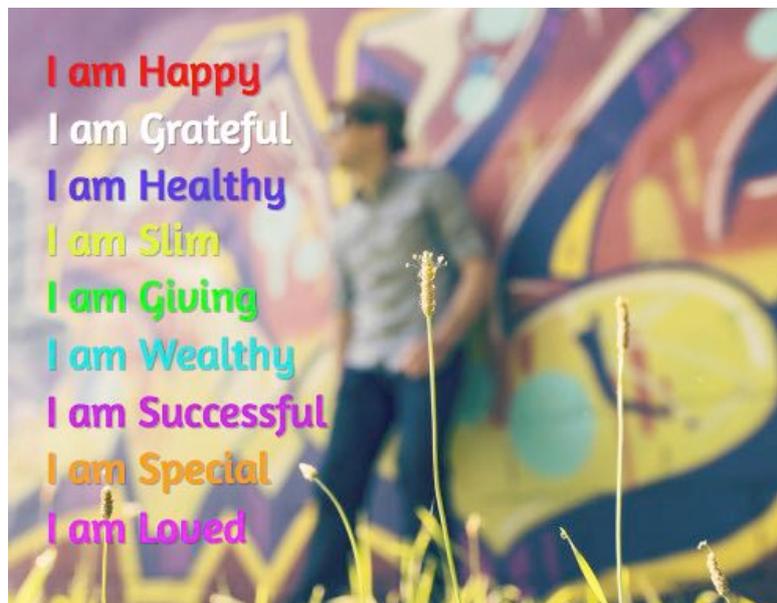


To find back your childlike happiness, all you need to do is to think of how you felt when you were a child when you see something funny. Think of what you did with your friends. Perhaps you played a prank on another friend once. Or maybe someone said a joke you couldn't help but laugh. Just leave your adult self for a little while and think of something that is really funny and that a child will do. Then do it. Do it with a friend. Do it to a family member. Prank them. Let them laugh with you. When you really laugh it out over something really funny, all your troubles will be erased from your mind. Enjoy your life, laugh and be happy.

USE POSITIVE AFFIRMATIONS

Affirmations are phrases that you repeat to yourself over and over again until it becomes part of you. When used correctly and repeatedly, it can create a positive impact to your life, and to others around you. For example, you can look at yourself in the mirror every morning and say to yourself, “I am the BEST and I will do my BEST in every thing I do, every time.” This creates a positive energy and believe in yourself and over time, you will realise that many things in your life will change.

Positive affirmations are very powerful because they can alter your feelings, especially when you are feeling down. It is not the words that you say are powerful. It is the feeling you get from repeating the affirmations that are powerful. The people who uses positive affirmations are usually the happier ones because they repeatedly affirm themselves that they are worthy of becoming better.



Whatever your goal is in life, make some positive affirmations to yourself daily that will help you reinforce your beliefs in achieving your goals. If you want to become healthier, affirm yourself by saying, “I am grateful for my great health and I am in my best shape. I love my body.”

If you want to become more successful, affirm yourself by saying, “I am feeling awesome and successful each day as I help more and more people achieve their goals. I am the BEST there is!”

If you want to be happier, just affirm yourself by saying, “I am a happy and grateful person and I live my life to the fullest. I am the happiest person in this world!”

CONCLUSION

There are many ways to be happy. In fact, there are so many other ways to make someone happy and to cover them, one may need many years to write such a book.

I hope that you have at least benefited from these ten ways that I have shared with you. In life, there are many things that we pursue and I am certain that happiness is always on top of the list. Because everything we do is to make ourselves or the people around us happy. The funny thing is, happiness is simply a choice, or a decision. This means that it lies in your own hands whether you want to live a happy life, or a miserable one. It is not determined by external factors.

Fight for what you deserve, believe in yourself and know that you deserve to be happy and to live a life of happiness.

There is a common saying, “You Only Live Once.” I believe that we don’t only live once. We live every single day. But we do only have one life and it is entirely up to ourselves what kind of life we want this to be.

Finally, I thank you for taking the time to read and complete my book because 90% of people who buy a non fiction book never read past the first chapter.

So my final piece of advice to you my friend is this:

Work hard, play hard, have fun, have lots of fun. Spend time with your love ones and give more to others. Smile every day.

Lastly, do not expect someone else to give your life happiness. Rather, give someone else your life and your happiness and in return, you will be blessed with happiness beyond your imagination.

To Your Happiness,



Victor Lee

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P.S. I hope that you have enjoyed reading “The Happiness Book”. If this short book has helped you in any way, please feel free to share with your friends. You may send them a copy of this pdf book or refer them to my website for them to download a copy or to sign up for my newsletter. Do send me your feedback if you have any. Have an Awesome and Happy Life!

And if you would like to find out how you can make an extra income online and quit your job one day, feel free to [check out this video here](#). I will also share more of my story with you there.

