

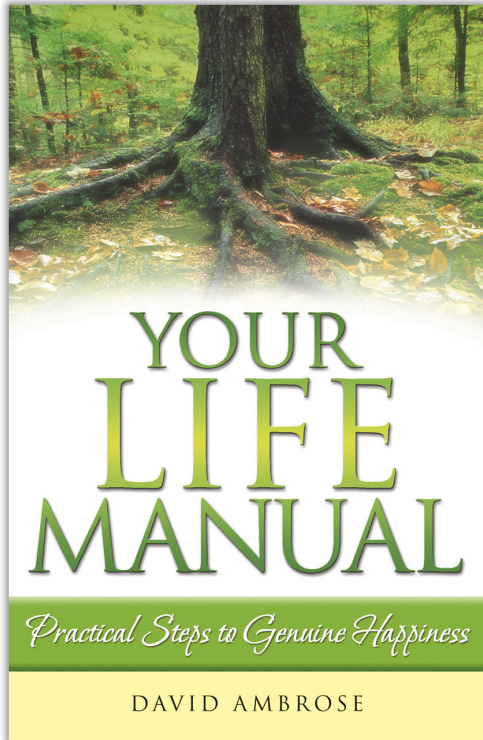
5 THINGS YOU NEED TO KNOW ABOUT MAKING HAPPINESS HAPPEN

This list is based on material from the book:

Your Life Manual: Practical Steps to Genuine Happiness

by David Ambrose

ISBN: 0-973-9362-0-7 240 Pages, 46 Chapters, Index, Bibliography.



*We all have the potential for happiness;
and we deserve to be happy.*

*In fact, everything we do is directed to
this goal, yet happiness seems elusive.*

*Happiness has nothing to do with
appearance, fame or fortune.*

You can make it happen!

1. You Are Important:

We all are. You have to look after your own needs. If you don't care enough about yourself, you cannot expect anyone else to do so. There *is* such a thing as Good Selfishness

2. Nothing Is Inherently Good Or Bad:

What makes it so, is merely your reaction to it. Everything has a positive component! So look for the positive in everything.

3. Expect Good Things To Happen:

This is a little known trick – there is a universal power of attraction. Some will say this is nonsense...but you really *can* make things happen!

4. Accept Responsibility For Your Choices:

Life is the result of choices we make, and sometimes it is easier to blame other people or forces for things that go wrong – or to allow other people to make our choices. Don't abdicate responsibility for your life

5. Give Of Yourself:

The more you give, the more you receive. Help the needy, give your time, give money, clear out the clutter, give anonymously. This really works, and makes us feel good

For More Information:

Web: www.YourLifeManual.com ♦ e-Mail: info@YourLifeManual.com ♦ Toll Free: 1-877 50-HAPPY

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