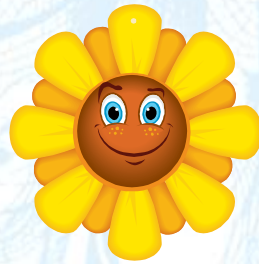




Bite size book on

# Don't Worry ~ Be Happy

**21 top tips to living a happy more contented life**



**By Dr. Deborah Kerslake**

Happiness isn't an accident, nor is it something we wish for,  
happiness is something we design ~ Jim Rohn.

## **It takes 21 days to make or break a habit**

- just 21 days!

- just 3 weeks!

- out of the whole of your life!

- To change your life.

Isn't that worth trying? Even if you are sceptical that it won't work or even that you think it might work for some people but won't work for you?

Isn't it worth exploring for just 3 weeks? – if it might be possible that it could make a positive difference to the rest of your life?

If there are times when you feel that you could be happier, could be more cheerful or would love life to be easier, then read this book, it will help in so many ways – you may be amazed!

You may even find that it's even more simple than you imagined.

## **Please explore this book.**

Simply pick it up and open it to any page and just read that one tip or paragraph.

**Tip:** Put it in the loo for a useful bite size thought whilst you are sitting there.



I hope these top tips makes sense to you and in the reading you gain greater insights to who you are and how you can make your life even more fun, creative and successful.

One of my favourite sayings is '**cheerful is a choice**' – sometimes it's not always an easy choice, sometimes it takes work, but basically it is a choice - your choice, which makes it under your own control, which is brilliant – isn't it?

**Quote:** "To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and to endure the betrayal of false friends. To appreciate beauty; to find the best in others; to leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition; to know that even one life has breathed easier because you have lived. This is to have succeeded." — Ralph Waldo Emerson

Being happy isn't a secret that some people have found. Being happy is our natural state until we decide to be unhappy. Being happy is actually very simple and when you know and apply the steps along the way, you will become more and more content and happy too.

**Quote:** "Happiness is not something you postpone for the future; it is something you design for the present". *Jim Rohn*

### **How will I know when I am happy?**

I will

#### **Think differently**

I'll have a positive attitude – most of the time

I'll be open to new ideas and ask for help when I need it

I'll take more responsibility for my thoughts and behaviour

I will assume if people are behaving badly towards me, it's a reflection of where they are at and not about me at all

I will consistently choose to assume that the world is conspiring to help me



## **Feel different**

Have an inner feeling of having achieved something good – respect myself

Feel calm and serene within my mind

Feel in control of my life most of the time

Feel gratitude for the good things in my life

Feel at ease within my body

Feel as though my needs are being met

## **Behave differently**

Live more in the moment

Complete my the tasks where I can

Listen to people more

Act more confidently

Laugh more

Be more loving and giving to others (because my needs are being met)

Look for ways to have fun and enjoy life

Give back

Please download this practical and down to earth book and start investing in your future happiness now.

With love

Deborah



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