

100 Secrets for Living a Life You Love

Finding Happiness Despite Life's Roadblocks

by *Jonathan Lockwood Huie*

You can live the life you love - even in the face of the most challenging circumstances. While sometimes it may appear that life throws more obstacles in your path than you can handle, you can always choose to be happy. Yes, you are that powerful.

In this preview of 100 Secrets for Living a Life You Love you can see the Table of Contents and sample eight of the “secrets.”

Visit www.DreamThisDay.com/secrets-life-love/ to order your printed copy at a special price.

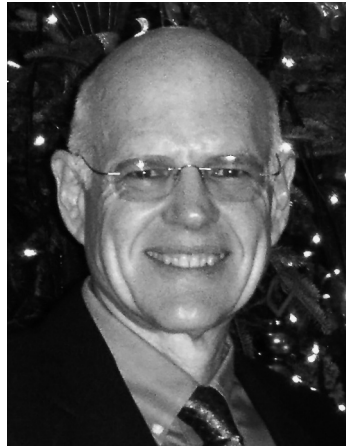
100 Secrets for Living a Life You Love is also available from Amazon.com in both printed and Kindle formats.

About the Author

Jonathan Lockwood Huie, consultant, speaker, personal coach, lover of life, and co-author of *Simply An Inspired Life*, is known as “The Philosopher of Happiness.”

Mr. Huie writes the popular *Daily Inspiration - Daily Quote* which is available on-line at **www.DreamThisDay.com** and via free email subscription.

For 30 years, Mr. Huie was a highly successful technologist and executive of Silicon Valley start-up companies, bearing titles such as Senior Vice President and Chief Architect. After one of his start-ups was acquired in 2000, Jonathan directed his attention toward the human issues of happiness, life satisfaction, work-life balance, and cooperative behavior (teamwork).



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Also by Jonathan Lockwood Huie

Simply An Inspired Life: Consciously Choosing Unbounded Happiness in Good Times and Bad - co-authored with Mary Anne Radmacher - Conari Press 2009.

Regaining Your Happiness in Seven Weeks e-Training Program
www.DreamThisDay.com/happiness-program

Daily Inspiration - Daily Quote

Sign-up at www.DreamThisDay.com to receive Jonathan's *Daily Inspiration - Daily Quote* free via email.

Table of Contents

Introduction

Positive Affirmations

- 1 - Put Your Faith in Attitude, Not Circumstances
- 2 - Choose Happiness
- 3 - Accept that the World is Exactly as it Should be
- 4 - Persevere - Happiness is Not Always an Easy Choice
- 5 - Continue to Choose Happiness, Even When You Falter
- 6 - Give the Gift of Happiness to Your Friends and Family
- 7 - Honor Yourself
- 8 - Adopt these Affirmations for a Life You Love
- 9 - Design Your Own Daily Affirmation
- 10 - Know Where Your Path Leads
- 11 - Choose the Purpose of Your Life
- 12 - Take Charge of Your Life
- 13 - Hold No Expectations of Life
- 14 - Welcome the Unexpected
- 15 - Make Conscious Choices About What and Who to Trust
- 16 - Say NO to Stress
- 17 - Make No Demands of Life
- 18 - Be Prepared
- 19 - Never Doubt the Power of Your Intent
- 20 - Feel Your Connection With the Infinite (a meditation)
- 21 - Tame Unhealthy Habits
- 22 - De-Stress at Work
- 23 - Cool Your Anger - Use Love to Conquer Hate
- 24 - Stop Anger Before It Stops You
- 25 - Never Let Anyone Get Your Goat
- 26 - Be Warned: (d)ANGER spells DANGER
- 27 - Summon the Courage to Act in the Face of Fear
- 28 - Manage Overwhelm
- 29 - Learn To Cope With Loss, Grief and Fear Of Death
- 30 - Avoid Urgency - Nothing is That Important
- 31 - Live in the Present
- 32 - Balance Living in the Now with Preparing for Tomorrow
- 33 - See Each Day as a New Beginning
- 34 - Allow Life be an Adventure of Discovery
- 35 - See Yourself As Others See You
- 36 - Consider How You Want to be Remembered
- 37 - Design Your Future
- 38 - Speak Your Intention - It Will Be So
- 39 - Create Good Endings - They Precede Good Beginnings
- 40 - Begin Today
- 41 - Put Your Dreams Into Action
- 42 - Gather Strength From Life's Storms

- 43 - Love Your Job, or Get a New Career
- 44 - Have Gratitude for ALL of Life
- 45 - Be Open to Receiving Unlimited Abundance
- 46 - Make a Gratitude List, and Review It Often
- 47 - Give Thanks for Your Thorns as well as Your Blooms
- 48 - Learn to Relax in the Eye-of-the-Storm
- 49 - Let Every Day be a Thanksgiving
- 50 - Accept the Great Paradox of Life
- 51 - Flow With the River of Life
- 52 - Don't Let Your Money and Possessions Own You
- 53 - Enjoy Everything You Do, or Don't Do It
- 54 - Simplify
- 55 - Adopt a Gentle and Supportive Lifestyle
- 56 - Give and Receive Love and Compassion
- 57 - Look for the Best in People
- 58 - Build an Emotional Support System
- 59 - Associate Mostly With Positive People
- 60 - Appreciate Your Friends
- 61 - Appreciate Your Family
- 62 - Appreciate Your Life Partner
- 63 - Express Your Honest Appreciation
- 64 - Be of Service
- 65 - Stay in Your Own Business
- 66 - Receive Graciously and Gratefully
- 67 - Make Peace with Your Past through Forgiveness
- 68 - Forgive Everyone For Everything
- 69 - Purge the Ghosts of Your Childhood (more forgiveness)
- 70 - Learn the #1 Secret of Great Relationships
- 71 - Date Sensibly (for Women)
- 72 - Date Sensibly After Divorce (for Men)
- 73 - Be Yourself When You Are Dating
- 74 - Learn How to Make Your Relationship Great
- 75 - Avoid These Relationship Killers
- 76 - Test the Soundness of Your Relationship
- 77 - Find Happiness Beyond the Grief of Divorce
- 78 - Honor Diversity - Manage Prejudice
- 79 - Experiment With Your Perspective
- 80 - See With New Eyes
- 81 - Ask Questions and Question Your Questions
- 82 - Make Conscious Choosing a Way of Life
- 83 - Beware the Rattlesnake of the Mind
- 84 - Don't Believe Yourself.
- 85 - Open Your Mind to New Ways of Thinking
- 86 - Have a "Beginner Mind
- 87 - Become Your Own Personal Greatest Hero
- 88 - Begin the Practice of a Silent Daily Walk

- 89 - Dance Lightly With Life
- 90 - Know That Life is NOT SUPPOSED to be Fair
- 91 - Don't Attempt to Make Life "Fair"
- 92 - Be Playful
- 93 - Celebrate Whimsy Today
- 94 - Appreciate Quiet Moments
- 95 - Laugh at Yourself
- 96 - Become Creative and Artistic (yes you can)
- 97 - Tame Anxiety By Using the Qigong Release Exercise
- 98 - Release Your Concerns to the Cleansing Fire
- 99 - Connect with Your Higher Power
- 100 - Feel Unity with Spirit and All Creation

The writings of Jonathan Lockwood Huie are based solely upon his life experiences and are his opinions. Consult an appropriate medical professional for any issues of physical or emotional health.

Introduction

Play with life, laugh with life, dance lightly with life, and smile at the riddles of life, knowing that life's only true lessons are writ small in the margin.

- Jonathan Lockwood Huie

You *can* live the life you love - even in the face of the most challenging circumstances. While sometimes it may appear that life throws more obstacles in your path than you can handle, you can always choose to be happy. Yes, you are that powerful.

What if you lost your job, your house burned down, the creditors are closing in, and your marriage has become hellishly confrontational? Is it possible to maintain a positive outlook under such stress and strain? Yes, happiness is always a choice.

This book consists of 100 independent “secrets” that provide the keys to living the life you love. Many of these secrets were originally published in modified form as *Daily Inspirations* on the www.DreamThisDay.com website.

You can read the secrets in sequence, open the book randomly, or scan the table of contents for help with today's challenge. It is intentional that some “secrets” are inspiring and reassuring, while others challenge your core beliefs and stimulate your thinking.

Consider adopting the ongoing practice of reading and contemplating one “secret” each day.

There will be days when you say, “That’s obvious, everybody knows that.” Let those days be a gentle reminder.

There will be days when the “secret” makes you feel good, and you say, “Ah.” Let those days be tranquil and comforting.

There will be days when you say, “Huh, what does that mean?” Let those be days of inquiry and questioning.

There may be days when you say, “NO WAY! That doesn’t agree with my view of how things should be.” Let those be days to contemplate, question, and then listen to your own heart and mind. Only you can choose your beliefs and behaviors.

Thank you for joining me in this journey we call life,
Jonathan

Jonathan Lockwood Huie

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Positive Affirmations

by Jonathan Lockwood Huie

- I live with enthusiasm, and give thanks for my life.
- I release the familiar that I may better discover my inspiring future.
- I CHOOSE with Open Mind and Open Heart.
- I have ready access to a power beyond my wildest imagination.
- I forgive everyone, especially myself, for all actions and all inactions throughout my entire life.
- I radiate my kindness into the world.
- Standing in the inspiring vision of my future, I boldly take every step - large and small - with courage and intent.
- I put aside personal preferences and step forward to be of service.
- I see the miracle in all of life. I am thankful for all creation.
- I gratefully accept the light and pay it forward.
- I follow my own star and my own inner compass.
- I choose to live my life in the present, with consciousness.
- I create Today as a celebration of my life.
- I Dance with a Light Heart.
- I Act with Bold Courage.
- I do not need anyone's permission to be my true self.
- Taking inspiration from the powerful vision of my future, I boldly set sail with courage and intent.
- I hold my course with focused attention and relentless commitment, as I weather the storms of life.

*** There are more Positive Affirmations at the end of this book. ***

8 - Adopt these Affirmations for a Life You Love

1. I'm OK
2. I've Always Been OK
3. I Like Myself
4. I Think For Myself
5. I Have a Great Future
6. I Can Do Anything - Starting Right Now
7. I Play with Life and Have Fun
8. I Thank God

1. I'm OK - I'm alive and I have myself. My happiness does not depend on owning things, having money, or pleasing other people.

2. I've Always Been OK - Whenever I have been unhappy, it was because I blamed someone else, or myself, for something that happened. As soon as I stop blaming, and start forgiving everyone - others and myself - for everything, I begin to feel better about my past.

3. I Like Myself - I always do my best. Sometimes my best doesn't seem to be good enough, and I feel angry or afraid, or seem to have failed at what I tried. That's okay. My best is always good enough. I'm proud of myself and I like myself.

4. I Think For Myself - I CHOOSE to lead a happier life by gathering all the facts and making my own decisions. I choose NOT to "follow the crowd," and I choose NOT to just do what my friends do without thinking for myself.

5. I Have a Great Future - I welcome God into my mind and into my dreams. Whatever future I believe in, I can have, with God on my side.

6. I Can Do Anything - Starting Right Now. I have my dream, I have God, and I choose to move in the direction of my goal, even when I am afraid or unsure. Whenever I fall, I stand up, brush myself off, and keep moving toward my goal.

7. I Play with Life and Have Fun - Life is like a party game. The rules of the game of life have never been clear, and they keep changing during the game. Forget winning or losing, and just have fun.

8. I Thank God - I give thanks to God for everything, and I trust God with my life.

12 - Take Charge of Your Life

*Say NO to the demands of the world.
Say YES to the longings of your own heart.*

Do you ever stop to ask yourself WHY you “need to do” something? What is the “need,” and on whose authority has the need been established?

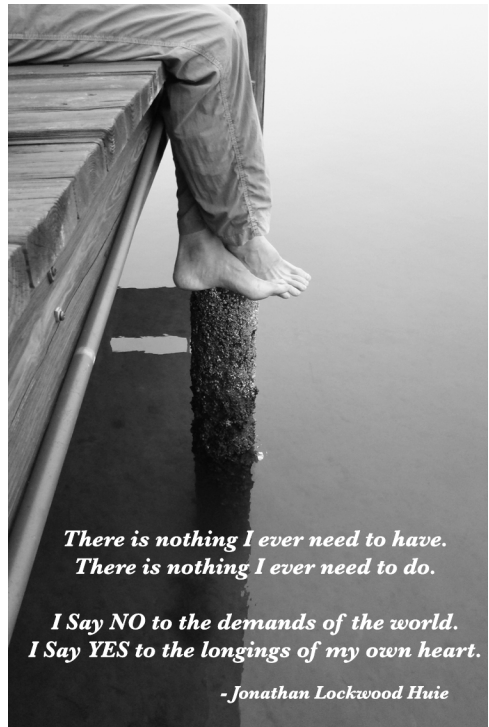
*We disrespect ourselves and our free-will
whenever we say that we NEED TO DO
something.*

Everything we do is a choice! In every instant, we are making a choice about what we will do in that instant (as well as a choice about what we will think in that instant).

We may choose to turn off and shut down our conscious attention, and allow the autopilot of our habits and instincts to make our choices, but they are still choices.

I have no need to conform to the stereotypes others have defined for me

Your spouse says “You need to go to the grocery store today,” and you say “I need to go to the grocery store today,” or perhaps you say to yourself “I need to get a divorce.” Look at all the “need to’s.” Who says so? There is no inherent “should,” “must,” or “need to” here. There are choices and there are consequences. The consequence of not going to the grocery store today may be eating peanut butter sandwiches or sleeping alone tonight, but there is no “need to.”



***There is nothing I ever need to have.
There is nothing I ever need to do.***

***I Say NO to the demands of the world.
I Say YES to the longings of my own heart.***

- Jonathan Lockwood Huie

41 - Put Your Dreams Into Action

Powerful Dreams Inspire Powerful Action.

When You Can Taste, Smell, and Touch Your Dream, You Can Enroll the World.

Life is either a daring adventure or nothing.

Security is mostly a superstition. It does not exist in nature.

- Helen Keller

Every day is a day to take action. Whatever your choices, take action on those choices. Taking no action is equally a choice, just not a choice made from awareness. Make conscious choices, and take action on those choices - Today.

Today is your day to Spread Wing and Soar.

Fly Life on Free Wings, and Sing to its Glory.

Like a bird in flight, your life can soar above the troubles of the world. Breathe deep, choose, and break the shackles of your past. Don't wait. Do it today - and again tomorrow.

Act with Bold Courage - Standing in the inspiring vision of my future, I boldly take every step - large and small - with courage and intent.

Today is your day. What are you going to do today that you will thank yourself for tomorrow?



65 - Stay in Your Own Business

Caring about someone is not an excuse to try to live their life for them - that's meddling. If you choose to be helpful, help others to achieve the life THEY desire, rather than the life you wish for them.

Many of us get upset - and stressed - over the actions of others that are really none of our business. The lifestyle of others is NOT our business. Whether your adult son or daughter has a job, whether they married the “wrong” partner, whether your neighbor recycles, whether the man down the street watches adult movies or his wife is having an affair - these are NOT our business.

Know that there is no single way that life is “supposed” to be. Demanding that life meet our expectations is a sure fire recipe for a miserable existence. Life is a game with no rules. Have NO Expectations of life. Stay in your own business and lower your stress.

Minding other people's business doesn't create happiness for them or for me. In the words of the old saying, “Live and let live.” Between living my own life and my commitment to sow a few seeds of joy in the world, my life is quite full, thank you.

Nonetheless, I continue to find myself meddling in the affairs of others. All too often my intention to be supportive and generous runs amok. In the aftermath, I tell myself that I will never do that again, but I do. In a way, I wouldn't want it otherwise. The line between “helpful” and meddling is so easy to cross. The only way that I could ensure that I never meddled would be to completely disavow being helpful.

Byron Katie speaks of *my business, your business, and God's business*. Everything that happens in the world, or doesn't happen, is NOT my responsibility. There are more than enough things that are my responsibility. I am responsible for my thoughts, my beliefs, and my actions - and that is enough. It does not serve me to mind anyone else's business. I can only make myself unhappy by trying to second guess what anyone else thinks or does.

That's all easy enough to say in the abstract, but when the other person is our friend, spouse, parent, adult son or daughter, or co-worker, it doesn't come at all naturally to remain detached. For many of us, staying in our own business requires a lifetime of self-reminders.

Often we meddle out of a sincere desire to help another, so how can we know when we have gone too far? We have overstepped our bounds whenever we cross the line from assisting others in getting what they want to believing that we know better than they what they SHOULD want.

Through painful experience, I have found five questions to ask myself to help determine whether I am providing assistance or meddling.

1. Did the other person ask for help, advice, or opinion? If the answer is No, then I am meddling. The first and greatest rule is,

Unsolicited Advice Is Always Meddling

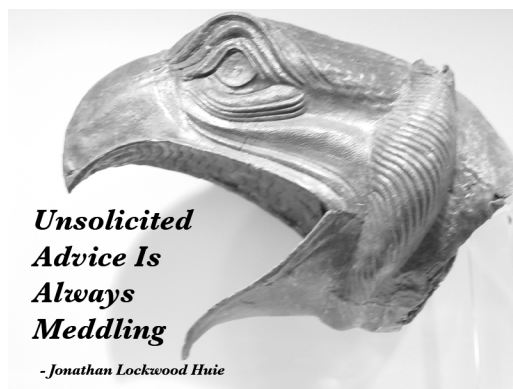
2. Even if the person has broadcast a request for help or advice, did they ask for MY advice? When someone is drowning, they will accept a life-ring thrown by a stranger, but advice is only appreciated if the asker fully trusts and respects the advisor.

3. Do I fully respect the other person? While I can responsibly make decisions for a child or a senile person, it is pure meddling for me to believe that I know better than another competent adult how they should live their life. As an example, trying to find friends for someone who has clearly expressed a preference for solitude is meddling.

4. Is the issue a question of belief? Proselytizing is always meddling. My beliefs about religion, politics, the best natural supplements, or whatever, are just my personal beliefs, nothing more. If someone ASKS, I am happy to share about what gives my own life joy and meaning, but whenever I attempt to convert someone else's beliefs, I must be very clear that I am doing it for my own gains, and not as a service to the other.

5. Have I previously attempted to assist this person with this same issue in the past? If I have been asked again, and if I find a different way to be helpful, it's not meddling, but if I continually offer the same advice for the same problem, it crosses the line into meddling.

Compassion and generosity may well be the greatest human virtues, but it is also important to avoid letting these noble instincts cause inadvertent harm to those we want to help.



68 - Forgive Everyone For Everything

"I can forgive, but I cannot forget," is only another way of saying, I will not forgive. Forgiveness ought to be like a canceled note - torn in two, and burned up, so that it never can be shown against one.

- Henry Ward Beecher

Wise words from Henry Ward Beecher, 19th century Congregationalist clergyman and social reformer, but still... How to cancel, tear up, and burn the burden of resentment that darkens our hearts and burdens our spirit?

Complete forgiveness of everyone, including yourself, for all actions and inactions is the key to happiness, but... How to do it? It is one thing to pass the hurdle of agreeing in concept that forgiving would relieve your own tremendous burden of resentments, regrets, anger, and hatred, but it is quite another thing to accomplish that forgiving.

This is how I strive to move past my resentments so I can gain peace and no longer be haunted by anger and hate...

1. I recognize that the person who harmed me was a troubled person who probably did not intend to do me personal harm. I just happened to be at the wrong place at the wrong time.
2. I consciously remind myself whenever resentments reoccur that my anger burns me rather than him.
3. I remind myself that the events are now in the past with, in some sense, no more reality than last night's bad dream.
4. I am grateful for the lessons I have learned. Yes, I have learned to be more suspicious of people, but much more important, I have learned crucial life lessons about my own attitudes and responses.
5. I have so much else for which to be grateful. I am very grateful for my family, my home, good food, my health, and so much more. I am one of the most fortunate humans on this planet, and simply being granted humanity at all is the most amazing gift.

74 - Learn How to Make Your Relationship Great

Why do some couples stay happy together for a lifetime, while others are in conflict almost from the beginning?

Part of the answer is compatibility - making the initial choice of a partner with whom you share common values. Equally much, however, depends upon the choices each partner makes during the relationship. Here are seven choices made by happy couples...

1. Trust: Suspicion and jealousy are the death knell of any relationship. If the other is going to cheat or otherwise dishonor the relationship, suspicion and jealousy will not prevent it, and such a relationship is fatally flawed in any case. Unwarranted suspicion and jealousy create misery in a surprising number of relationships. If you want to live happily, trust your partner completely. If they dishonor your trust, deal with the situation then. In the meanwhile, you will have been happy.

2. Open Communication: Tell the truth, tell the whole truth. If you didn't want to share your whole life with your partner, why are you together? If you make a mistake, admit it. If you have doubts, talk about them. Secrets and lies kill a relationship. With truth and openness greatness is possible. Even if something is unforgivable, it is better to deal with it quickly.

3. Honoring the other's point-of-view: People disagree, couples disagree. Understanding that the two partners in a couple remain individuals is crucial to a happy relationship. Why would you expect that you and your partner should agree on everything? Honor that one of you is a Republican and the other a Democrat. Honor that one of you is a vegetarian and the other loves a great steak.

4. Self-Confidence: Co-dependence is another frequent cause of failed relationships. Happy couples know that they don't need each other. Each partner is a completely whole and valid individual who has entered into a voluntary partnership. Neither "owns" the other, nor "can't live without" the other. Each has their own interests and friends, as well as having mutual interests and friends.

5. Generosity: Greed and selfishness kill relationships. True love is generous in spirit. Mostly, generosity is not about material things, although that is also important. To have a happy relationship, be generous of your time, your love, and your attention.

6. Forgiveness: Resentments and thoughts of revenge and vengeance have no place in a happy relationship. Happy couples forgive each other completely for everything the other has ever done or failed to do - no exceptions.

7. Gratitude: Happy couples are continuously grateful for each other. Every day there are a myriad of reasons to be grateful for your partner. Find those reasons each day, and thank your partner every day.



75 - Avoid These Relationship Killers

Disrespecting and belittling one's partner will surely kill a relationship, and it will be an ugly and tortured death.

Sometimes disrespect is intentional, but sometimes it is unconscious, perhaps growing out of bad habits of speech or patterns of interaction. For example, joking about one's partner can cross the line over the years.

The following behaviors are all relationship killers...

1. Using the "Spousal We": "We need to remember to take out the garbage." "Didn't we make a fool of ourself at the party last night."
2. Using guilt: Be clear that "guilt" is a verb. It is a weapon that can devastate your partner. The partner using guilt makes sure that the other always knows how "wrong" they are, and how "unfair" their every action is. Their very existence is wrong and unfair.
3. Using sarcasm: Sarcasm is like a cluster bomb. "Well, I see we are still watching TV." Triple whammy relationship killer - guilt, sarcasm, and the spousal we.
4. Making an endless "honey do" list: This is usually combined with guilt by emphasizing how "fair" the list builder is being. The list builder is quick to pad everything they contribute to the relationship while minimizing the contributions of the other.
5. Acting jealous: Jealousy isn't teasing or flirting, it is irrational anger, which is often expressed randomly. Say you just came out of a restaurant, and you are driving home. "Weren't we just something in there. I saw how you looked at that waitress/waiter. I was SO embarrassed. You should be SO ashamed."
6. Having concealed expectations: If this sounds like concealed weapons, you got the idea, because expectations are dangerous weapons that kill relationships. "You should have known that I only like pink roses." "How could you not come home early on a day I'm feeling depressed?" "It's my birthday, and you get me socks?"

100 - Feel Unity with Spirit and All Creation

All things share the same breath - the beast, the tree, the man... the air shares its spirit with all the life it supports.

- Chief Seattle

When I see Spirit in Everything, Peace is at hand.

UNITY - we are all one - the web of life.

You are never alone. Your Higher Power, whatever that means to you, is a constant support - never hesitate to ask for guidance and blessing.



Remember that Spirit knows better than you what is best for you, so ask for comfort and affluence rather than the affections of a particular person or a higher paying job. Whatever your circumstances, and however often you may have felt rejected, there are many people in this world who live in the tradition of the “Good Samaritan.” When troubles weigh upon you, do not hesitate to find and rely upon these people - they are far more numerous than you think.

Know Unity With Spirit: There are as many ways to connect with Spirit as there are people - each of us has our own way to receive strength and serenity from the Infinite. Your life will be happier if you acknowledge that you are not alone, become open to that presence, and create ritual to celebrate your connection.

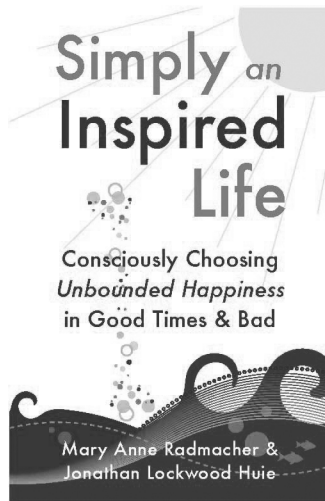
You may feel your bond with Spirit at the Lord’s Supper, in Songs of Praise, in Calls to Prayer, in Meditation, while doing Yoga or Qigong, or while walking in the woods. However you connect with Spirit, do it today.

When the vast cathedral of our being becomes a sanctuary for all creation, we become the face of God.

My wish, today, for each of you is Joy, Honor, acceptance of diversity, and Unity with Spirit and All Creation.

*May your spirit soar throughout the vast cathedral of your being.
May your mind whirl joyful cartwheels of creativity.
May your heart sing sweet lullabies of timelessness.*

Jonathan Lockwood Huie and Mary Anne Radmacher's inspiring self-help book is available now from Conari Press.



Simply An Inspired Life:

Consciously Choosing Unbounded Happiness in Good Times and Bad

by Jonathan Lockwood Huie and Mary Anne Radmacher

Are you unhappy, or worried about the future? Does it seem that the whole world is conspiring against you? Your boss? Your spouse? Your family? The government? The economy?

It is possible to enjoy a happy life, even in the face of life's most challenging circumstances. Let ***Simply An Inspired Life*** be your guide to a joyful life - your beacon of hope in a troubled and confusing world.

Take time out to pamper your mind and spirit. This is the perfect self-awareness book to help you to see and be grateful for what is good in life. Tips, techniques, feel-good stories, and uplifting quotes will make your days more joyful.

“Simply An Inspired Life comes to the rescue. It offers not just permission to slow down and get a life, but clear instructions on how to do just that.”

- Victoria Moran, author of *Living a Charmed Life: Your Guide to Finding Magic in Every Moment of Every Day*

“Jonathan and Mary Anne remind us that life is so much more than work, school, making money, paying bills -- there are rainbows after the rain, there is sunlight that lights our path, there is laughter and smiles, there are the first steps of a child, there are so many beautiful things to focus on.” - a reader

Life change comes about in two complementary ways - the “aha” moment, which occurs in a flash of insight, and the conscious redesigning of our habitual behaviors, which is a lifelong project. *Simply An Inspired Life* addresses both the flash of insight that suffering is optional, and the structural pillars that support living an inspired life.

Chapter two describes a powerful technique for personal transformation called “Breaking the Cycle of Self-Inflicted Suffering”. The reader is gently guided through identifying the relationship of perceived scarcity to suffering, and then coached in breaking that painful cycle.

The remainder of the book introduces and develops the Eight Points that are the pillars of *Simply An Inspired Life*.

Eight Points of An Inspired Life - Keys to Happiness

- * HONOR for true self.
- * FORGIVENESS for self and all.
- * GRATITUDE in everything.
- * CHOICE with open mind and heart.
- * VISION with powerful intention.
- * ACTION with bold courage.
- * CELEBRATION with joy.
- * UNITY with all creation.

Read more about *Simply An Inspired Life* and order at www.SimplyAnInspiredLife.com or from your favorite bookseller.

Jonathan Lockwood Huie's On-line Happiness Training Program is now available at www.DreamThisDay.com/happiness-program/

Regaining Your Happiness in Seven Weeks e-Training Program

by Jonathan Lockwood Huie

49 Daily Lessons delivered by email, plus introductory video

Does everyday life frustrate and annoy you?

Do people, circumstances, and life in general seem to conspire against you?

Suppose there were a way to regain your happiness?

Well there IS a way to regain your happiness! And you don't have to win the lottery or even get a salary increase to get your happiness back.

The ***Regaining Your Happiness in Seven Weeks*** e-Training Program is designed to reduce your emotional suffering and increase the joy you find in everyday living by helping you to:

1. Understand the role your past plays in triggering your current emotional state.
2. Access the power of forgiveness and gratitude to create happiness.
3. Establish a framework for designing your inspired future.

Your 49 Lessons of this program will be delivered by email each day for the next seven weeks. Every day, you will receive a concise insight into that day's issue. Each lesson features one or more daily exercises that give life to that insight during the course of your normal day's activities.

Does the ***Regaining Your Happiness in Seven Weeks*** e-Training Program really work? Here is praise for the Regaining Your Happiness Program from those who have experienced it...

I can't even start to put into words how much this series helped me. It seemed nothing could get worse, and battling suicidal thoughts had become a constant issue. When I found the ***Regaining Your Happiness in Seven Weeks*** Series, I half-heartedly signed up. Figuring there was nothing to lose at that point, I began to read a little bit each day. Some days, it was too much effort, but I did what I could. Now, a few months later, the depression is lifting, I have a sense of worth again, and I believe I will be ok! ***Regaining Your Happiness in Seven Weeks*** has certainly been a big part of my recovery. I go back and re-read the lessons from time to time,

and quite often, I get something a little different than before. This is a program I've suggested to many others, and I am eternally grateful for having found it!
Thank you, Jonathan, for caring enough to share!
Vickie, Murfreesboro, TN

I looked forward to your e-training each day that my friend and I were going through life transitions and particularly challenging life experiences. It is amazing how you begin to depend on them and let their benefit greet and improve your day.!

Fran

Your program dovetailed quite nicely with my 12 Step Program (Nar-Anon). In fact, I chaired a meeting using some of your ideas on forgiveness. Very powerful. I enjoyed working on the daily assignments especially revisiting childhood. I thank you for offering your Happiness Training Program. I recommend it to my friends.

Cindy T, Pittsburgh, PA

Thank you for letting me participate in the Happiness in Seven Weeks e-training. It truly was inspirational! I found the content very useful. It helped me through a difficult time in my life. Thank you again for the INSPIRATION & ENCOURAGEMENT.

Sally, Cincinnati

Read more about the ***Regaining Your Happiness in Seven Weeks*** e-Training Program and order at www.DreamThisDay.com/happiness-program/