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**FRONT COVER:**

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# Foreword

*“Happiness is when what you think, what you say, and what you do are in harmony.”* – Mahatma Gandhi

Everyone wants to learn the secrets on how to be truly happy in life. For sure, right now, most people in this world are still in pursuit of happiness, a journey that many of them have probably started right from that very moment when they learned about the concept of “happiness.”

Did you ever wonder what it really takes to be truly happy? Many people tried pursuing relationships, money, and success, and most of them have reached that point when they have realized that happiness does not really come from the outside, or from the world where you live in. In all essence, happiness is something that comes from deep within you, lying in that secret place within yourself, waiting for you to finally tap it and release it from its prison.

Happiness is something that has long been present inside you. Finding happiness inside yourself is like peeling off the layers of onion, with each layer representing your thoughts, fears, and negative beliefs. As you slowly peel away each layer (who you are not), you will gradually reach its very core (who you are). And right there and then, you will find your purpose and meaning in life. You will finally discover yourself and learn the real meaning of happiness.

For you to be truly happy, you need not lock yourself up inside a closet and meditate for the rest of your life. To be truly happy, there are some things that you have to learn first and in this Empowered Happiness Bible, you are bound to unravel what it takes to finally know the meaning of HAPPINESS.

Get all the info you need here.



## ***Empowered Happiness Bible***

Everything You Need To Know To "Truly" Be Happy

# Chapter 1:

## *Intro*

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### Synopsis

Happiness is a state of one's mind. You do not look for it. You do not even have to chase it. Happiness, in truth, lies within yourself, starting from you and ending at you. In the simplest essence, happiness is about getting back your true nature. While other people try to look for happiness through their wealth, career, money and success, you have to understand that happiness is something that you choose for yourself.

So, what are the basics of happiness? What are the things that you can do in order for you to truly start being happy with your life?



## **The Basics**

### **Be in Control and Take Possession**

Your body is composed of hundred trillion of cells, all of which are answerable to you and you alone. You are basically these cells' commander in chief and they are working constantly not for the benefit of other people, but only for your own benefit. For these cells, you are the only person that exists. To start on your journey to happiness, you first need to be in control of these cells, take possession and be responsible for these cells for in so doing; you also become the master of both your mind and body.

### **Be Yourself**

Newborn babies practically share the same level of happiness the moment they have been given birth to this world. However, their happiness level starts to change once they get older. One basic rule in order to become happy is for you to remember that your fundamental nature is soft, vibrant and full of enthusiasm, energy, and love. You must never compare yourself with other people because you are exceptional and unique. And this uniqueness is something that you need to explore. If there is one thing about you that you do not like, never put the blame on your parents, on other people and most importantly, on yourself. What you need to do is acknowledge its existence and accept it as it is. Instead of lamenting, what you should

do is exert some efforts in order for you to eliminate this one thing that you do not like and by this, you can expect to be happy.

### **Empty Yourself**

If you are truly determined to be happy, you also need to free your mind and body from all negativities. Remember that there is nothing negative on earth, only your thinking makes things that way. Get rid of fear, frustration, ego, tension, hatred, anger and stress from your system. Be aware of your destination and imagine yourself getting there. Relax. If things are bound to come, they will come, only if you want them to.

After you have learned how to be in control of yourself, how to be yourself and how to empty yourself, the next step is for you to fill yourself with as much positive energy as you can. Fill yourself with hope, kindness, compassion, positive feelings, gratitude, desires and love. As you do so, you can finally tell yourself that happiness is just within your reach.



# Chapter 2:

## *Why People Are So Sad Today*

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### Synopsis

*“Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad.”* – Henry Wadsworth Longfellow

With everything happening around the world, with all the wars, natural calamities and other kinds of catastrophes that befall on the people, it is no longer a surprise that many of them end up sad, or worse, even depressed.

If you feel down or you got the blues, then, you should know that you are not alone. Every single person in this world gets sad. When you are sad, you will surely feel that that sadness is bound to last forever. But more often than not, sad feelings do not really last that long – several hours, or even a day or two probably.

# **Sadness**

## **Sadness – What is It?**

When you feel sad, the whole world might seem unfriendly and dark to you all of a sudden. Deep inside you, you feel that hurt that seems to crush both your spirit and your heart. Most of the time, you find yourself crying, with the tears difficult to stop. For most people, crying alone can already make them feel better. The moment sadness starts fading away, that is the time when you feel as if the heavy and thick blanket has finally be lifted off your heart, and you feel happiness all over again.

## **The Natural Reasons for Sadness**

It is only natural for a person to feel sad every now and then. Maybe you were not able to get that one thing that you have always wanted. Maybe you suddenly missed the presence of a person close to you. You were probably rejected by someone or maybe, you simply do not feel that good about yourself.

People actually have a lot of reasons why they feel so sad at one point in their lives. One of the most common reasons for sadness is loss. Losing someone you love or something important to you will surely induce feelings of sadness. Whether it is the loss of a loved one or a pet or moving to a brand new city and leaving your old friends behind, this kind of losses are enough reasons for a person to be sad.

While relationships are the best source of fun and happiness most of the time, these can still make a person sad. A lot of kids today end up fighting with other members of their family, particularly their parents, as they struggle growing up and gaining independence. Relationships in the workplace can also bring about sadness in most people today, especially when you are constantly having discussions with your colleagues or your boss does not seem to notice your hard work.

But probably the most usual reason why a lot of modern men and women today feel sad is because of self-image, or the way that you feel about yourself. Adults in particular are not totally happy on how they look. They feel inferior with others whether in school, at work and other aspects of their lives. It can be easily observed especially when talking with the opposite sex, with some people feeling shy to do so because for them, they are not that good enough.

While it might be pretty much understandable why many people today feel sad, there is actually no reason for them to dwell on this feeling. At the end of the day, being happy is something that they should strive to achieve, for many reasons.

# Chapter 3:

## *What Is True Happiness?*

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### Synopsis

*“True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.”* – Lucius Annaeus Seneca

Are you happy? If you are, how happy are you?

True happiness refers to the measurement of two kinds of happiness, namely experienced happiness and remembered happiness.

## **True Happiness**

Experienced happiness pertains to those moments of relief, bliss, laughter, or joy that you have experienced within a day. Imagine your friend asking you randomly during lunch time about what you are doing and how happy you actually are at that very moment. That is experienced happiness, the kind of happiness that comes from the things that you do for a particular period of time.

On the other hand, remembered happiness refers to how you think about yourself in general. This is how you will answer that million dollar question “Are you happy with your life?”

This is how you remember those years you had in high school, the vacations that you went to, the holidays you have spent with your whole family, the early days of childhood with other kids, your history of jobs, or even your divorce. Remembered happiness is pretty much like the bigger picture or perspective on your state of happiness.

It is not surprising that experienced happiness and remembered happiness do not match all the time. For instance, millionaires in general have higher rate for their remembered selves compared to those people who only earn \$50,000 each year.

However, a millionaire might have more responsibilities in life. He may experience more pressure in his work, with a larger house to run and a spouse who is more demanding.

It only goes to say that even if they are earning millions, these people might have lesser moments of spontaneous happiness during their

day to day lives, and living their lives less happily. Meanwhile, an ordinary employee who considers himself as less happy since he lacks the kind of luxury that he has been dreaming of might, in reality, experience great bliss and pleasure with their jobs, with their family or with their hobbies, thus, they tend to have more blissful moments in their day.

Experienced and remembered happiness might be entirely different things but once you have happy moments in your past and your present, then, you can say that you have reached the so-called true happiness.



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