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14000 Things To Be Happy About Pdf Downloadzip !FULL!

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Your happiness is not dependent on any single person, situation or event. You're not responsible for the happiness of other people. It's like going to a party. Everyone is having fun. You can go and have fun, or you can be miserable and sit alone and observe the party. I know which one I choose. If you're always unhappy, you have to first stop blaming everyone and everything else for your unhappiness. Everyone is trying to provide love and affection for you. Your relatives, friends, teachers, bosses. They're trying to be there and be understanding. Happiness is not something you can explain. You have to feel it. There are no rules. There is no track. It's a Zen exploration into happiness. And if you're happy, you're happy. If you're happy, everyone else is happy. There's a secret to happiness. It's a skill. Train yourself. Believing, in, planning and hoping that life will be better gives you the ability to adjust to a better reality. If you aren't willing to be adaptable, then you're staying with an old, outdated, suffering reality. No matter how much we want to change, our subconscious minds are very hard to change. But if we think we're better, then our subconscious minds are made to think that we are changing. On the other hand, if we're willing to change but we actually remain as we were, then there's really no hope. I'll tell you, if you can't be happy living the way that you are, that there is no hope. I've also stopped buying into popular ideas about spirituality or religion. It's too easy to compare religious stories with ones of science and engineering. But there is very little overlap, and the stories often contradict. So I'm sticking with the stories of science and engineering for the purpose of this talk. I'm going to take stories of technology and its impacts on the world as the best source of understanding what it means to be spiritual, happy, and virtuous. Think of me as a walking example of what we can learn from science and technology.

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Don't take on too much and you won't burn out. Have you ever noticed how much more content we have to do as we move through the day? We burn out because we overload ourselves. The best way to avoid burnout is to slow down. Reduce what you have on your to-do list to just the most important things. Make a to-do list of 15 things that you absolutely have to get done that day. If you do those things, you're able to say, Yes. I've gotten them done. You'll feel like a rock star after working a list like that. The trick is to slow down. We think we have to work, or make money, or find someone to spend our time with, but there's no reason to do everything and anything that comes across. Start to do the things you love to do. An unhappy person does things that they don't love to do. A happy person does things that they love to do. Happiness is a choice. Happiness is a feeling.

Happiness is a lifestyle. You can be happy anytime, anywhere, in any situation with a consistent choice to become happier. By identifying what you love to do, you can choose to create a new reality that will make you feel good. If you don't think this is a relevant question for you, then think about your tennis game or your musical abilities. A number of years ago I wrote a story about learning how to play tennis. The more I learned, the more I thought about what I knew and how I learned. The more I learned, the more I thought and the more confused I became. Finally I set it aside, thinking that was all there was to it. Then about two weeks later I was walking down the street and I was struck by a recurring thought. I thought, if I knew this ten years ago I could have changed many aspects of my life for the better. I think one of the fastest ways to change is to simply go and learn some things. If it's tennis, go and play some tennis, or if it's going to school or an interview, then go and try out. That's the answer. Read what your mind tells you. If it tells you that you don't know what you are talking about, do what your mind tells you to do. 5ec8ef588b

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