

This Free E–Book is brought to you by [Natural–Aging.com](http://Natural–Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Here I Am: Happiness 24–7**

**By Peggy Butler**

**Here I Am: Happiness 24–7 by Peggy Butler**

Happiness is yours for the taking, so reach out and grab it by the balls.

If you don't know, you better ask somebody, are the words frequently uttered by Steve Lockett, a man of impeccable taste whose uncanny ability to sense trouble is without peer. "Tale–tell Steve," as he is known to friends, is a purist in every sense of the word. Not one to sugar coat his words, when Steve talks, everybody listens.

A graduate of the School of Hard Knocks, Steve's life is based on the shrewd principles immortalized in the Lockett Code of Ethics. 1) If you are unhappy about certain parts of your life, stop whining. Instead, do something to make it more joyous and less stressful; 2) Mind your own business and stay the hell out of mine; 3) I don't take directions, I give directions; 4) Believe none of what you hear, none of what you see and try like crazy to figure out the truth; 5) Think success. Think happiness. Think prosperity and forget the rest of the bull crap; 6) Life is a trip and I intend to make mine a fabulous safari with an adventurous journey. With a philosophy like that, it's no wonder I was intrigued when he relayed to me the secret to happiness 24 hours, seven days a week. After hearing his secrets I decided to add a few of my own. So I began this chapter, with two words, Life sucks. That is a statement everyone has uttered at some point in their lives. But is it life that sucks, or the fact that we suck the joy out of life?

In browsing through the shelves of the local library, I stumbled across this passage : "Most people make the mistake of depending on others for their personal happiness." Did you hear that? Millions of individuals rely on others to make them feel good. How absurd. Why should you depend on anyone to make you happy, when you can create your own euphoria, right here and right now?

Who decides whether you will be happy or unhappy? The answer, YOU DO. When you awaken each morning you have two choices—to be happy or miserable. Unfortunately, many of us let people and circumstances put us in an unhappy state of mind.

The truth is, we're as happy as we choose to be. Being miserable is easy to accomplish. Keep reminding yourself that your life is pathetic, and you can GUARANTEE yourself of being miserable. By

the same token you can say things are great, and you will find yourself feeling 100% better. Some people say if I had money, clothes, a better education, or a certain person in my life, I would be happy. But often when the desired object becomes reality, they discover that isn't what they wanted after all.

But there is hope, you can begin your journey of happiness right now. Every morning before you get out of bed, think only happy thoughts. Let a series of pictures cross your mind of each happy experience you will have that day. Savor their joy. Such thoughts will cause circumstances to turn out that way. Always affirm that everything will work to your advantage.

And for even more happiness, I challenge you to try this Joy Enhancer. For one week; Keep your heart free from hate and criticism. Live simply. Expect the best and treat everyone like you

want to be treated. Faithfully follow this formula, and after seven days you will be pleased with the results. Go ahead, what have you got to lose? A headache perhaps?

A freelance writer since 1989, Butler has written for various magazines and Internet publications including Impact Press, Africana.com., TimBook Tu, and The Black World Today. Moreover, Butler who lists collecting 60s memorabilia among her hobbies, writes news, features, sports and entertainment articles, as well as commentaries and humor pieces. Currently, she is a contributor for Theblackmarket.com. Website:www.Psbwrite.com

**By**



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**