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

Living A Happy Life

By Ian Glover

Most of us get up each day and go through the same routine whatever we do in life - most of us are reasonably happy and content and just get on with living.

There is of course nothing wrong with that in the slightest but what would you say if you were granted the gift of REAL happiness which lead you down a path of such peace and contentment that no other experience you've had to date could compare.

You know what it's like when you are looking forward to Christmas, the anticipation and the excitement just builds and builds. The same is true when the countdown to your holiday begins and then the joy of the holiday itself.

Well how would you like those feelings of pure joy, anticipation and excitement to be with you on a daily basis and then to find that the fulfilment part is even better - a feeling that you could just "burst for joy" and an inner peace and contentment that you've only ever seen at the movies?

Well I've found just that and the adrenalin seems to be pumping all the time and the buzz and excitement I get from life still amazes me.

I had the most amazing experience just under 3 years ago and my life changed dramatically from that day on and the incredible thing is that it just gets better and better - the miraculous gift that I've been given is something that I feel driven to expose the rest of mankind too, regardless of race colour or creed.

It was for that reason my book formed (I had been writing a few details of my experiences and at the time I had no intention of actually writing a book) and I just want to share this experience because if we could all feel like I do now the world would be such a different place to live in not just for us but for our children and their children and so on - a happy life is there for us all if we just accept the wondrous gift that is on offer - a gift that actually costs us nothing at all.

A recent testimonial, excerpts of which are included below, show just why I want this book to reach and touch people who are looking for what I've found.

I LAVISHED your book. My life was in shambles; my wife had divorced me and tonight I was in such a state of despair that I had rung my Mother to tell her that suicide was my only option – after reading your book I have a peace about me that I have not had since I was 19 and I'm 56 now. Thank you thank you for allowing God to speak through you to me – I now feel a complete relief from all the pain and misery I have known for the past 37 years and I thank you for saving my life – actually GOD SAVED MY LIFE but you threw me the life preserver – may God continue to bless you, your family and your ministry.

Roy Thompson, Atlanta, Georgia –

royjrthompson@bellsouth.net

The author had had a dreadful drink problem for over 30 years but was miraculously freed from this overnight which resulted in him becoming a Christian. 3 years on his life couldn't be better and he wrote his book in the hope this may help others. Details of his book and contact details can be found at

<http://www.aspecialjourney.com>

The Art Of Happy Living

By Hifzur Rehman

What do you think about happiness? A philosophical approach to life; an intellectual activity or an academical pursuit. No, not at all, nothing of the sort.

Happy living is nothing more than living a normal life free from undue pressures, problems and tensions. The Art of Happy Living is not a complicated kind of art difficult to learn rather a simple art of living well, eating well, thinking well and feeling well. Just tune up your mind to enjoy every moment of life and let the happiness follow you.

Happiness is purely an internal matter. It has nothing to do with your external circumstances. Most people do the fatal mistake of looking outwards for happiness rather than looking inwards. Only fools worry about the circumstances on which they have no control. Why worry if you cannot change the weather, rather enjoy it whether its hot, humid, cold, cloudy, foggy or snowy. Keep your internal weather pleasant all the time. Don't allow external matters to take your smiles away.

The feeling of happiness is within you. There is something positive within you which keeps you happy and there is something negative within you which keeps you unhappy. That "something" needs to be looked into thoroughly. If you want to live a happy life then get rid of the negative "something" which makes you unhappy. Negative approach always complicates the problems and increases unhappiness.

Living A Happy Life

Happy living is the reward of positive thinking. Remember, only the positive thinking can bring happiness in your life. If you cannot think positively, you cannot live happily. Be your own coach and adviser. Look everything with a positive angle. Find something good even in most critical moments of your life. Make positive thinking the basis of your happy living.

Happiness is all around. Its not far away from you. If you do not want to live happy, its upto you. Its your own choice. Don't blame others. Don't blame your fate or external circumstances.

Hifzur Rehman is the author of popular articles on Self Improvement. His website

<http://www.selfimprovement.ch>

provides free inspirational articles, tools, tutorials, institution search, travel assistance, and other material for a successful and happy living.

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The Art Of Happy Living
The Year Of Happiness
What is Success?
Reap Your Own Happiness
Happy Talk and 3 Simple Secrets to Happiness

The First and Second Adam
Mind Power Creative Thinking
Hints for lovers
How to keep up the SPICE in your Love Life.
Your Own Bible Research Library



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