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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!

The Life Of Happiness

By Wayne Lowe

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The Life of Happiness

What makes you happy? Is it your dog/cat? Does what makes you happy; give you a sense of freedom? It should. If you're really happy and you know it clap your hands! Go on don't resist the temptation to clap, I just did.

The day in the life of happiness, starts somewhere. Its starts with the thought of a smile, with the facial muscles having a meeting in our cheeks, agreeing that your body needs a good smile, like it should everyday. I like to think of our smile as a medical science that helps us get rid of mental stress.

There are so many songs about happiness aren't there? Cliff Richard for example. He smiles when he sings, bringing happiness I suppose to him and whoever watches him in the first place.

Can you tell a person by how happy they are? No. It's impossible to tell really. There are great people in this world that for the face of the public can make you smile and look like they haven't a worry in the world, but deep inside they are troubled. The men/women who can achieve that are so brave it's almost thought upon as godlike.

Life goes on. If for every sad moment in our lives, like the death of a loved one, we become even sadder, then this planet is in for a bad time. Its people who make our day, that gets the world spinning. If we all stayed in sadness we would get depressed. But for the many who work and are there to serve us, and also who put a brave face one, deserve credit.

But you know as well as I do, there are people who serve us, who don't smile or look lively do they? This has a bad affect and effect on the company the are with. Make it a nice little addition to your service as a human to smile more.

Do you know how much of an impact you have on a person when you smile? When you next go into a shop, and see someone behind the counter who is not smiling, I guarantee that if you smile at them,

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genuinely they will smile back, and if you give a little attention to them they will liven up and start talking, bingo, you've made someone's day and happiness has started for them.

I think that people who are always happy are the best to have around you. Someone happy and loves life, are great to be with. Happiness is full, full of surprises. The immune system gets stronger for some reason the more happy you are.

Don't look at life so bad. Life is what you make it. There's me going on about being happy. It sounds almost too easy to do doesn't it? Well it is. First you have to start being happy with yourself. You're the one who controls your life aren't you?

Listen to someone laughing, and you will start to laugh to, even if it's not funny. If you get one of your friends to start laughing and laugh for a minute, guarantee you'll feel better, and so will they. Try it, I'm not lying, listen to someone laugh and you feel better by just hearing them. It's free therapy, and no one charges for it.

I bet that if I started to charge for people laughing I would be able to buy the world 4 times over, I'd be that rich. Bill Gates couldn't spend his money to buy my money, he'd be considered poor in my eyes. Anyway enough of money, cause my eyes started to get bigger and I had thoughts of me buying expensive stuff like boats and cars.

The most FREE therapy and fulfilling conditioning voice therapy you'll ever need is hearing a baby laugh... if you're a mother you know what I mean. Know one cannot laugh if you hear a baby laugh.

The life of happiness starts with a new born baby, but doesn't end, as we can laugh for a very long time.

What you read is what you read, what you see is what you get. "A Smile a day attracts more your way"... the best way to show the world what you know, is to WRITE right?

The Year Of Happiness

By Hifzur Rehman

I have decided to declare 2004 as the YEAR OF HAPPINESS for me. What about you? Yes, you can also do so! Anyone living in any part of the world has the right to be happy and enjoy every moment of his/her life. There is no harm in declaring the year 2004 as the Year of Happiness for All Mankind.

You cannot bring happiness to your life unless you decide to be happy. This is the most important decision of your life which you must take now with a firm commitment with yourself. Think, how great you will look, when you will bring smile to your face and happiness to your life.

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Once decided to be happy and declare 2004 as the Year of Happiness, you put yourself on the path which leads to a happy, healthy and successful life. You put all your abilities and energies to work for you to bring happiness into your life and you really do not know what wonders you can do. Give yourself an opportunity to prove that you can live a happy life.

If there is one reason to be unhappy, there may be ten reasons to be happy. Why allow unhappiness to overcome happiness. Why not look for opportunities to be happy rather than making excuses to be unhappy. There is absolutely no reason in keeping oneself unhappy over petty things and unrelated matters.

Most patients prolong their illness simply because they do not realize that their condition is improving which is a matter of happiness for them. They rather keep on feeling the pain and complaining. This type of negative attitude of the patients certainly delays the recovery from illness. People must know that happiness is the best medicine which cures many diseases.

I suffered a massive heart attack in March last year while working in my office. An ambulance took me to the hospital in a critical condition. After a few hours, I was back to life (though in the ICU with lot of heart monitoring devices attached to my body). Believe me, that was the most happy moment of my life when I realized that I was alive! The joy and happiness of being alive, eliminated the pain which I was suffering and helped me in quick recovery.

Being alive itself is a matter of joy, excitement and happiness. While you are alive you can do a lot to bring happiness into your life. But the "true happiness" will come to your life only when you will also try to bring happiness into the lives of other people. If agree, then please join hands with me in spreading the message of happiness to as many people as possible by referring this article to your friends, family and colleagues. Also help and motivate them in devising and implementing an Agenda of Happiness.

Let all living men, women and children declare 2004 as the YEAR OF HAPPINESS.

Hifzur Rehman is the author of popular articles on self improvement. He is also the editor of his website

which is a source of great inspiration for all those people who

want to live a happy, healthy and successful life. A visit to his website would open the doors of success for you.

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The Year Of Happiness

Where Do We Find True and Lasting Happiness?

Reap Your Own Happiness

Three Inspirations for Happiness

A Formula For Happiness?

The First and Second Adam
Coin Collector Software
Niche Products Powerpack 3
Hints for lovers
Insider Secrets to Flea Market Profits



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