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**The Secret to a Happy Life**

**By Marsha Jordan**

**The Secret to a Happy Life by Marsha Jordan**

There seems to be an epidemic these days of depression. Everyone I talk to, it is experiencing some degree of depression. As I wonder about the cause of this twenty-first century phenomenon, I think of my great grandmother who raised my dad in the back woods of the Upper Peninsula of Michigan during the Great Depression.

She had a hard life raising twelve children and two grandchildren, seeing two die as toddlers as well as two as adults with cancer. She supported her sick husband who was twenty-two years older than she was. She struggled through the great depression, yet (according to those who knew her best) she was never depressed a day in her life! Why? Maybe because she was too busy just surviving to stop and think about feeling sad.

She came to this country from Holland as a child. She married at the age of 13. Her parents went back to Holland without telling their children. She fed her family by raising animals and a large garden, in addition to taking in boarders and caring for the elderly and sick. She sold her homebaked goods and ran the local post office. She entertained traveling preachers and live-in teachers.

She cooked on a woodstove in a house that was so cold the water in the tea kettle would freeze during the night if she didn't get up and stoke the fire.

She could see the snow outside through the cracks in the walls. She had no phone, no electricity, no running water, no shower, bathtub or indoor toilet!

There was no television to watch as she relaxed in the evenings. In fact, she didn't relax in the evenings. That's when she sewed the family's clothes. To listen to the radio, her family had to walk half a mile to the nearest neighbor's house. She was up before anyone else in the morning and she was the last to go to bed at night.

Her children were the only ones in school who had real meat to eat and didn't have to take lard sandwiches in their lunches. Her kids had shoes to wear when the neighbors didn't, but they put cardboard inside those shoes to cover the holes in the soles. Though they lived in a tar paper shack, they were better off than most of the folks they knew. When beggars came to grandma's door, she would always give them a meal and a dime, though a dime was a lot of money in

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those days. She and her children rarely took baths. To do so, they had to pump the water from the well, heat it on the stove, and fill the metal tub in the kitchen by the fire. They never went to a doctor when they got sick. They couldn't afford such a luxury. And in those days, there was not a whole lot that doctors could do for them anyway. (Modern medicine has come a long way in the last 70 years). This may sound like a story from Laura Ingalls Wilder books about the 1800's, but I'm talking about the 1930's!

My great grandma and her family rarely drove the 13 miles into town because gas was too expensive and they couldn't all fit into the car anyway. When they did go to town, they had to change flat tires every few miles and in the winter they froze with no heat in the car and frequently got stuck in the snow even

though they had put chains on the tires. As a newlywed, when my grandmother moved to her new home with her new husband, she packed all her belongings into a horse-drawn wagon. As they drove away from her parents' home, she said "I forgot to bring a broom." Her husband replied, "The house we'll be living in has a dirt floor, so you won't need a broom."

This was my grandmother's life. How many of us could live like that and still be happy? Maybe part of the reason she could be happy was that she did not have the high expectations that we have these days. She expected to lose children to death. She expected to have to work hard and not have much to show for it. She accepted whatever happened and kept going, taking each day as it came. Maybe our problem is that we cannot accept hardship when it comes because we expect our lives to be better and easier than they sometimes are.

When I compare my life to my great grandmothers, I realize that we are very fortunate to have all the good things we enjoy in our lives. Let's count our blessings and be thankful!

During this joyous season, when we celebrate the fact that God loved us each so much that He was willing to give up his only son to die in our place, we can be very thankful for THAT and for many many other blessings.

Question of the Day: How many blessings can you count in your life that you are grateful for?

Marsha Jordan, Director  
HUGS AND HOPE FOUNDATION  
A ministry designed to share God's Word  
and His love with families of critically ill children  
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Marsha is a disabled grandma who lives in northern Wisconsin with her husband and toy poodle, Louie. She founded a nonprofit organization to help sick children called The Hugs and Hope Club. She enjoys collecting antiques and having fun with her grandson

### **The #1 Secret of Success**

**By Darren Power**

Today I am going to tell you the #1 secret to success in life, business & all that you do. If you apply this secret wholeheartedly I guarantee that your life will change for the better.

The #1 secret to being successful in everything that you do is not really a secret at all. In fact I'm betting that you already know this secret.

So the second biggest secret to being successful in life is to use the first secret, which isn't a secret at all.

And the secret is You have to give to get You reap what you sow What goes around comes around If you give love you get love Good action equals good karma

Which all means the same thing.

Whenever possible help other people. Help without being asked and help without keeping a tally.

Let me just explain a bit further on that last bit. If you spend your life keeping count of who you helped and who has helped you & fretting about those you helped that haven't helped you back yet. Your head will hurt most of the time.

You must give without expecting anything in return. The benefit to you is in the giving. The best way to give is anonymously that way you have already let go because that person can't give back because they don't know who you are.

The most successful people in the world today know that what you give away comes back to you ten fold.

Zig Ziglar said, "You can get everything in life you want – if you help enough other people get what they want."

Brian Tracy put it this way `Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, "What's in it for me?"

So the question has to be are you giving? Are you giving what you want in return which boils down to the old phrase do unto others as you would be done unto yourself.

What this means is offering to help people, don't wait to be asked, people don't ask for what they want.

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Always be on the lookout for people you can help, for little things that you can do that might mean big things to others.

For example, when you're browsing your favorite forums if you see a question that you know the

answer to, take a minute to answer it. That minute of your time may be worth hours & dollars to somebody else. So potentially two or three minutes of your time saves somebody else hours of time. Don't think somebody else will answer, be the one. Sow some seeds of goodness.

It's taken me a long long time to realise that the most successful people that I know are people that will help everyone and anyone. The people that when they see you struggling with something will jump in and do it for you. These same people, because they help everyone, also know everyone so they always know somebody that will help with your problem even if they can't fix it themselves. These people give without the expectation of reward. These people give without keeping a tally of favors given and returned. These people are happier because happiness comes from giving. When you make somebody else happy by helping with a problem you become happy. If you give happiness you get happiness.

And if we all did this the world would be a better place.

So your prescription to lifelong happiness & success is:– Give whenever you can without being asked

Give without keeping score Repeat often

Let me finish of this valuable lesson with a few more quotes from people who knew & used this secret

`The more credit you give away, the more will come back to you. The more you help others, the more they will want to help you.'

Brian Tracy

`The return we reap from generous actions is not always evident.'

Francesco Guicciardini 1483 – 1540

`We should give as we would receive, cheerfully, quickly, and without hesitation; for there is no grace in a benefit that sticks to the fingers.'

Lucius Annaeus Seneca 5BC – 65AD

`Getting people to like you is merely the other side of liking them.'

Norman Vincent Peale 1898 – 1993

`You give before you get'

Napolean Hill 1883 - 1970

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Darren Power is the author of *The Money Seed* your step by step guide to online business success. ( ). For additional free resources related to this article please visit

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