

17 Most Powerful Ways To Be Happy

Aneta McCaughey

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Table of Contents

[Start of Book](#)

[Introduction](#)

[About Aneta McCaughey](#)

Introduction

To be happy seems like something out of this world, but it isn't.

You can do it. Just take small steps, every day a few more, and in no time you will be there.

Enjoy the process and very soon you will notice how happy you already are. Because big obstacles are best resolved with simple and easy solutions, which acted on every day, lead you to amazing results.

“Happiness is not the absence of problems, it's the ability to deal with them.”

- Steve Marabol

1 GET ENOUGH SLEEP

“Sleep is the golden chain that ties health and our bodies together.”

-Thomas Dekker

“Early to bed and early to rise makes a man healthy, wealthy, and wise.”

- Benjamin Franklin

During sleep you are recharging and healing your body.

You will be naturally more focused and alert.

You will find yourself making decisions much easier.

Sleep improves physical performance.

2 NOURISHMENT / FOOD

“Let food be thy medicine and medicine be thy food.”

- Hippocrates

“One cannot think well, love well, sleep well, if one has not dined well.”

- Virginia Woolf

“Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious.”

- Ruth Reichl

Making nutritious and nourishing food choices will keep your energy level steady, boost your immunity and yes even help you sleep better. Don't overwhelm yourself by trying to remodel your diet all at once. Small, simple changes add up. Start listening to your body and note how you feel after eating different foods. Choose food that raises your energies.

3 HYGIENE

“If you don't smell good, then you don't look good.”

- Katy Elizabeth

“Take care of your body. It's the only place you have to live.”

- Jim Rohn

Outward cleansing is beneficial to a happy and a productive outlook on life.

You feel refreshed and attractive and people will react positively to you, giving you a more positive life experience.

4 EXERCISE

“All truly great thoughts are conceived while walking.”

- Friedrich Nietzsche

“Reflect first upon that great law of our nature, that exercise is the chief source of improvement in all our faculties.”

- Hugh Blair

“A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.”

- Paul Dudley Whit

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”

- Edward Stanley

All you need to do is exercise 20 minutes a day to reap the happiness benefits.

Start with something you like doing.

Make a list of all the activities you can think of then pick and choose.

Experiment and have fun, continue with the ones that benefit you most.

5 SPEND TIME OUTSIDE

“O, Sunlight! The most precious gold to be found on Earth.”

- Roman Payne

‘To sit in the shade on a fine day, and look upon verdure, is the most perfect refreshment.’”

- Jane Austen, Mansfield Park

"Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

- John Muir, Our National Parks

Spending time outdoors benefits your well-being in several ways:

- a) It boosts your mood and gives you a more positive outlook on life.
- b) It reduces stress and improves concentration.
- c) It strengthens your immune system and is the primary source of vitamin D.

6 GRATITUDE

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

- Melody Beattie

"When I started counting my blessings, my whole life turned around."

- Willie Nelson

"Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there is always something we could be grateful for."

- Barry Neil Kaufman

"Give thanks for a little and you will find a lot."

- Hansa Proverb

Every day reflect on how much you have and how lucky you are. Get into the habit of recognising happy moments. It's not happiness that brings us gratitude. It's gratitude that brings us happiness.

7 COMPASSION

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

- Mother Teresa

"I choose kindness... I will be kind to the poor, for they are alone. Kind to the rich, for they are afraid. And kind to the unkind, for such is how God has treated me."

- Max Lucado

"Be kind, for everyone you meet is fighting a harder battle."

- Plato

It is important to understand that others are going through hardship just as much as us. We are all here to learn certain lessons and we can help others and ourselves by showing compassion.

8 PATIENCE

“Trees that are slow to grow bear the best fruit.”

- Molière

“He that can have patience can have what he will.”

- Benjamin Franklin

“The two hardest tests on the spiritual road are the patience to wait for the right moment and the courage not to be disappointed with what we encounter.”

- Paulo Coelho, *Veronika Decides to Die*

Just keep on going and focus on your aims. Almost anything really good in life takes time and dedication. Remember, life is not a race but a journey to be savoured each step of the way. Enjoy it and see where it takes you.

9 ADVENTURE

“What is life but one grand adventure?”

“Attitude is the difference between an ordeal and an adventure”

- Bob Bitchin

“As soon as I saw you, I knew an adventure was about to happen.”

- Winnie the Pooh

See every situation in your life as an exciting adventure. Observe how the beautiful and miraculous is always unfolding around us, inviting us to dance and dream together. See this life for the adventure that it is.

10 AWARENESS / MEDITATION

“Look at everything as though you were seeing it for the first or the last time, then your time on earth will be filled with glory.”

- Betty Smith

"You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself."

- Alan Alda

“Avoid places that disturb your mind, and always remain where your virtues increase.”

- Atisha

Simply breathing deeply slows the heart rate, relaxes muscles and clears the mind. Practicing meditation regularly for 15-20 minutes per day can raise the level of happiness.

11 SOCIALISING / FRIENDS

"A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow."

- William Shakespeare

"Sitting silently beside a friend who is hurting may be the best gift we can give."

"Find a group of people who challenge and inspire you; spend a lot of time with them, and it will change your life."

- Amy Poehler

Look after and try to expand your circle of friends. A simple way to connect with others is to consciously reach out and share a positive message with them. Don't wait, make the first move yourself.

12 CELEBRATE

"Celebrate who you are in your deepest heart. Love yourself and the world will love you."

- Amy Leigh Mercree

"There are far better things ahead than any we leave behind."

- C.S. Levi

"My whole teaching is this: accept yourself, love yourself and celebrate yourself."

- Osho

A happy life is made of happy moments, so celebrate whenever you can. Not just the traditional celebrations like birthdays and Christmas, create your own celebrations, too.

13 ENTERTAINMENT

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”

- Plato

“Music... will help dissolve your perplexities and purify your character and sensibilities, and in time of care and sorrow, will keep a fountain of joy alive in you.”

- Dietrich Bonhoeffer

“What the mass media offers is not popular art, but entertainment which is intended to be consumed like food, forgotten, and replaced by a new dish.”

- W.H. Auden, *The Dyer's Hand*

“Some books leave us free and some books make us free.”

- Ralph Waldo Emerson

Simply putting on an upbeat soundtrack or a good comedy will get you into the swing again.

An uplifting book will also serve you well.

14 DECLUTTER

“Keeping baggage from the past will leave no room for happiness in the future”

- Wayne L. Misner

“Get rid of clutter and you may just find that it was blocking the door you’ve been looking for”

- Katrina Maye

“I have found that the temple of the undistracted mind must be housed in an uncluttered environment. A basement or garret is invaluable, but they, too, must be uncluttered, even though they hold many essential things used only occasionally.”

- American Home, 1945

Don't let the old clutter weigh you down. Questions to ask yourself: Do I use it?

Do I really need this? Do I love it? No? Then it's time to toss it out.

15 BALANCE OF WORK AND LEISURE

“Work, love and play are the great balance wheels of man's being.”

- Orison Swett Marden

“Problems arise in that one has to find a balance between what people need from you and what you need for yourself.”

- Jessye Norman

“The key to keeping your balance is knowing when you've lost it.”

- Anonymous

Fill your days with stuff you love and stuff you have to do. Just keep in mind that at the end of the day, you want to feel like "you've accomplished something but that you've also relaxed.”

16 MAKE LOVE NOT WAR

“There’s a huge difference in sex and making love. We have sex with someone who can satisfy us physically, but we make love to someone who can satisfy us soulfully and eternally. Once you realise the fine-line between making love and having sex, you will understand the meaning of life! Life isn’t only about survival, it’s about living and so is making love. We have sex to satisfy our lust and hunger, which is nothing, but survival, but we make love to feed our soul and our mind, to fill a void that is there since a long time, that longs for a partner and that needs someone whom we want to spend the next morning with!

“When you have sex just for physical pleasure, you are ashamed and guilty at one point of life or another, but when you make love to someone who means everything to you, you are always proud of it. Never in life, not even a single time, you regret that time and the moments spent with that person. You will always rejoice it and remember it with equal passion and joy.”

- Mehek Bassi

“He never knew a single second could be expanded into something timeless and so archaic. It shook him to his core – there were no words for it.”

- Dianna Hardy, The Sands Of Time

Making love with your partner increases well being, mood and happiness. So there's no reason not to try it right away.

17 SMILE

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.”

- Thich Nhat Hanh

“You'll find that life is still worthwhile, if you just smile.”

- Charlie Chaplin

“Don't cry because it's over, smile because it happened.”

- Dr. Seuss

Smile even if you don't feel like it - your mind will follow your body.

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About Aneta McCaughey



Aneta was born in a village in the Carpathian Mountains in the south of Poland. She comes from a line of psychics on her maternal side, with both her mother and grandmother having psychic abilities. These gifts were passed on to her and she grew up with them.

Aneta moved to Australia 6 years ago to practice traditional healing, sharing her gift to enable others to find their potential and fulfil their dreams.

Aneta offers her Energy and Spiritual Healing Sessions in a beautiful rainforest setting in the Northern Rivers region of NSW, Australia.

Additionally, Aneta offers her Distance Healing program worldwide.

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