

The Recipe for happiness

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Book The Recipe for Happiness

A book has been written about a true story ...
About a man who was imprisoned in a concentration
camp at the time of Hitler, and he was happy.

So, Happiness has nothing to do with your circumstances.
It has everything to do with,
your choice to be happy,
regardless of circumstances.

Choose to be happy.

Of course there are tough times in life,

like when someone you love, dies.
That's part of life.
Those times of grief you just have to go through and process.

Processing is best done by talking about it,
to get it off your chest regularly.

Or by writing about it,
if you write down a situation or your feelings about it,
then it's on paper,
and it is less in your head.

Writing is a good outlet.

Processing is also done well by: staying busy.
Whether that is in your work or your hobby.
They say: a rolling stone does not collect moss.
So stay busy

Okay, now you have learned a good lesson about how to better process
negative life experiences.

But you're here for the Recipe for Happiness, right?

Well, the lesson you've learned will help
to make the recipe work better for you.

Here it comes then ...

You have probably read a local newspaper, and you regularly check the news. (the daily news on television)

Have you noticed that about 99% of it is bad news?

Only misery ..

If you did not know better,
you would think that the whole world is going to perish.

If it's a habit for you,
to watch the news every day for half an hour ...

Have you ever wondered if it's healthy for you?

Does it make you happy ?

Of course not !

The easiest way to change a habit is by replacing it
with a new habit.

So from today on, instead of watching the worldly news half an hour a day

.....

Watch COMEDY for half an hour a day.

Mandatory.

Every day.

Well, now at half past eight in the evening it's not news time,
but Comedy time.

If you watch comedy, you relax & you laugh.
Sounds healthier, doesn't it?

Well, laughing every day is easy to do, right?