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## You'll Love This Book If . . .

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will.” George Bernard Shaw

**I wrote this** book for those of you who truly want to be happy. You want your relationships with your family, friends, and co-workers to be kind and beneficial. You want to be treated fairly. You want to be able to hear and tell the truth. You don't want to have to sacrifice, and you don't want others to have to make sacrifices for you, because sacrifice always carries a price.

You want money and prosperity to flow into your life so it can create harmony, health, strength and comfort. I'm not talking about amassing and hoarding great stashes of cash. Instead, I'm talking about money and prosperity that come into your life so you can create beauty and happiness all around you on a consistent basis.

You also want those opportunities you long and have longed for to appear in your life. These are the

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opportunities that bring you closer to what you truly want and who you really are. (This book will explain why you yearn for certain things and why it's important for you to deeply embrace having them.)

You want your health to be its best. You want to give your body all the good you can give it so that it thrives and allows you the most enjoyment.

And you want a method to dissipate painful, emotionally-charged past experiences so when they repeat themselves (history does repeat itself!), they'll reappear as future experiences that satisfy and delight you. In other words, you'll know what to do with your jealousy, anger, sadness, depression, and rage so they no longer debilitate you, and they instead set you on a course to happiness. These uncomfortable emotions are actually huge gifts that shouldn't be ignored, dismissed, or misunderstood. They are keys that help you understand what you need to be happy.

If you have areas in your life where you're not feeling entirely happy, this book gives you a step-by-step process to turn those experiences around. It shows you how to be the artist of your life by giving you techniques that let you repaint the areas of your life you'd like to see changed. Just imagine how your life might look if you do some major and minor tweaking!

This book is also for you if you've had varying success with praying, saying affirmations, and visualizing. Sometimes it works, and sometimes it doesn't. If failure has led you to experience feelings of depression, sadness, anger, or giving up, there's a

reason. This book will show you an important step you probably didn't know about, and that you'll want to include in your practice. Then you'll begin seeing the change you've been working toward.

The Dalai Lama said, "The purpose of our lives is to be happy." If you agree with this, even partially, you'll love the benefits of this book. That's because it'll help you discover what makes you happy, and show you how to create it.

As a concept, this sounds simple enough, right? Figure out what you want, then create it.

But in reality, so much in your environment works against you.

The commercial world, for example, inundates you with messages about what should make you happy so you'll buy their products. This car will make you feel free. That stereo will make you feel sophisticated. These shoes will make you feel modern or sexy.

The problem, of course, is that advertisements, TV programs, and movies all use music and images that trigger your emotions. The emotional comfort you feel when you see those Budweiser horses subliminally persuades you that Budweiser beer must be just as comforting. Or that person smiling in her convertible driving along the coastline, that could be you!

But, in that moment, do you really want the convertible or the beer? If not, what do you really want? What will really make you happy? That's the question you'll be asked over and over in this book,

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because that's the most important question of all. And you'll see why.

Your social world also sends messages that work against your happiness. As you mature, you learn to hide your feelings, which, in itself, is not wrong. You'll soon learn that expressing emotions is far less helpful than understanding what the emotions are telling you.

But your happiness gets genuinely sidelined when you hide from or judge your feelings, even trivial ones. If someone treats you dismissively, it probably makes you angry, and for good reason. If someone gets your dream job, you might feel jealous or sad, again for good reason.

The problem worsens when you try to ignore or marginalize these feelings. You tell yourself not to be angry, sad, or jealous. But the fact is you're not happy. Gandhi said, "Happiness is when what you think, what you say, and what you do are in harmony." In other words, persuading yourself that you're happy, when you're really not, works against you. Instead, figuring out what would make you happy requires digging into those emotions and discovering what they're telling you. When you do that, and you start creating happiness for yourself, you'll have started one of the most exciting eras in your life!

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***Why is The Happiness Path so important?***

The Happiness Path gives you:

**More control over your life.**

The Happiness Path gives you more control over your life, but it also makes you less controlling. Creating happiness involves working with all the elements in the Universe, even the ones you don't understand. You work with energy, gravity, magnetism, imagination, God and good spirits, and your own spirit or soul. And you work with the powers of commitment and love. When all these elements work together to create your happiness, you need to get out of the way and give up control. The novelist Paulo Coelho said, "You have to take risks. We will only understand the miracle of life fully when we allow the unexpected to happen."

But while you're giving up control to allow for the miracle of creativity, you're also increasing control in all the areas you want to experience happiness: family, friends, prosperity, healing, and career. That's why I like to say, "Real control is no control."

And, if you create happiness with others, as a group, you can impact the environment and society, as long as you're creating something that benefits everyone, not just a few. (You'll read how to do just that!)

**More expansive view of what's possible.**

At first, when this book asks what you want to feel happy, you'll come up with things that solve immediate

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problems. You want your spouse to apologize for something. You want the dial on the bathroom scale to go down. You want enough money so you can live comfortably.

As you move through the book, you'll find yourself delving deeper and deeper into what truly makes you happy in any given moment. You'll uncover important desires you've had your whole life, which you may never have been aware of. For example, I used to always lose things. Whenever I bought a new car, I'd make six or seven keys, because I knew I'd need them. While developing the steps of The Happiness Path, I realized how much I wanted to be a person whose possessions did not vanish. And sure enough, that's exactly what I'm now creating on a regular basis in many areas of my life.

### **The ability to help other people.**

It's pretty hard to be happy when others in your life are not. What's the saying? "No one's happy if Mama ain't happy."

There's good news, though. When this book asks you what you want to be happy, it's a terrific opportunity to create good for others.

I have a story I love to tell because it was one of the most transformative events of my life. It involves my son when he was sixteen and an angry young man. At least he seemed that way to me. He would wake up in the morning in the foulest of moods. It was not an experience I was thrilled to have in my life.



Early one morning before he awoke, I realized I dreaded him waking up and once again ruining my day. Instead of ignoring that emotion, I took it through The Happiness Path steps. This resulted in my deciding I wanted to create an experience in which he woke calmly and happily because his needs were getting met, and that I was comfortable being around him. When he woke up an hour later, he was calm and happy and even came into my room and asked me if I wanted to go out to breakfast with him.

My first reaction was to be totally thrilled. Wow, I thought, this stuff really works! My second reaction was to realize how my negative beliefs had actually contributed to creating the experiences in which he was foul and angry. When I did the work to create happy, loving, calm experiences with him, I got to experience him as calm, loving, and happy.

Are there people in your life whose negative behavior might actually derive from your negative thinking?

### **Enhanced visualization, affirmations, prayer.**

If you're reading this book, you've probably already had some practice with visualization, affirmations, feng shui, positive thinking, and prayer, etc. You probably used them to create good in some way. You saw yourself winning. You asked for guidance. You told yourself you have what it takes. You rearranged objects in a room to improve your health or relationship.

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When you experience times when these things don't work as well as you'd like, you'll find that The Happiness Path steps can reveal why. Because this book leads you to explore what your subconscious mind thinks, you may discover that what your conscious mind wants is the opposite of what your subconscious mind thinks is possible.

You can see how that could be a problem.

But The Happiness Path provides a method to bring your two minds together so they want the same thing. Then their power multiplies!

### **Greater creativity.**

Once you see for yourself how the desire for happiness results in wonderful experiences, your mind will naturally want to create more and better experiences. Instead of wanting just the sale of your house, you might also hope for more than one offer at the same time. Instead of just wanting a new car, you sit down and make a list of all the things you want to experience and feel with your new car, knowing that the forces of the universe will work to bring about just the right car.