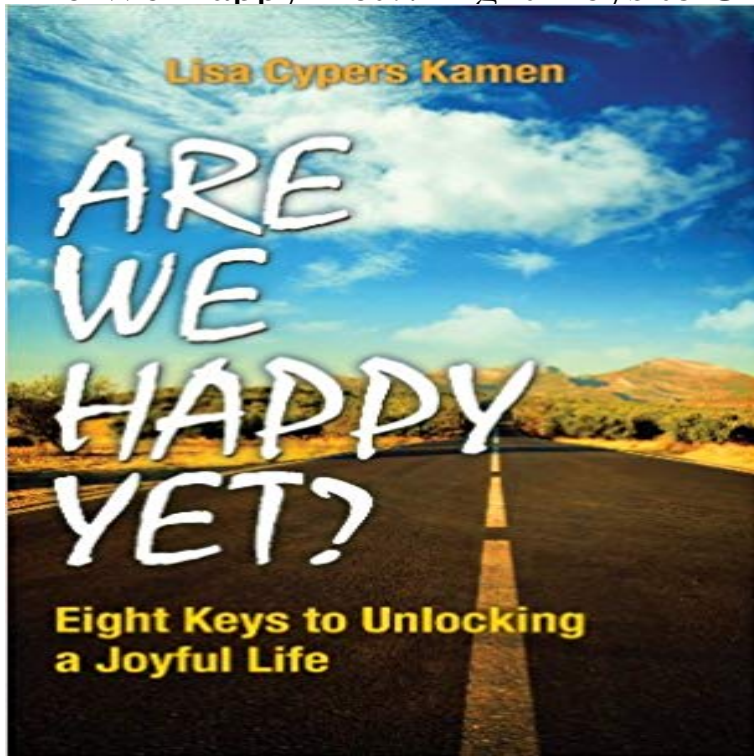


## Are We Happy Yet?: Eight Keys to Unlocking a Joyful Life



Excerpts Chapter 1 As a quintessential trophy wife ensconced in a busy, bold, and chaotic life filled with two beautiful children, a seemingly loving husband (I say seemingly because sadly, our relationship later disintegrated), a large network of friends and family, travel, fashion, jewelry, cars, and homes, I had it all. Yet none of it was enough. On the outside, I was living a happy life, but internally, I lacked authentic, meaningful joy. Chapter 2 Statistics show that children laugh an average of 80 percent more per day than adults. That's because children view their world through a different lens than we do. They seek out and create joy for themselves naturally. Beyond that, children laugh unconditionally they don't allow external or internal negativity to impact their appreciation of joyful moments when they arise Oh, how quickly the pleasure of childhood disappears. In order to be successful adults, we need to be more resolute, more serious, and more somber. We can't waste our time playing, laughing and simply being happy. We have more important things to take care of. Our to-do lists keep growing longer, our need to impress others becomes all encompassing, and we settle for being what everyone else thinks we should be. Chapter 3 More money, more fame, more power, more time, more stuff, more sex, more food, more wine, more Xanax, more sleep, more vacation, more friends, more connections none of it will do the trick. You can have it all and still be unhappy When you look at the items you own, the places you've been, the relationship you've developed, and the experiences you've had, what sticks out as being the most important and valuable part of your life? Is it the things you own? You will never reach the ideal amount of more because there isn't an ideal amount So stop for a minute and think about your life with less. Chapter 5 If you notice that people around you are having trouble

adjusting to your new way of life, its a good idea to talk to them about why youre doing what youre doing. Most of the time, theyll start to understand once they hear that youre choosing to be happier. Because whos going to tell you to stop being happy? No one. Happiness, and the quest for sustainable happiness is contagious. And that, my friend, is why seeking your happiness is in the best interest of your personal community and the world.

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