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- Career
- Prosperity
- Peace of Mind

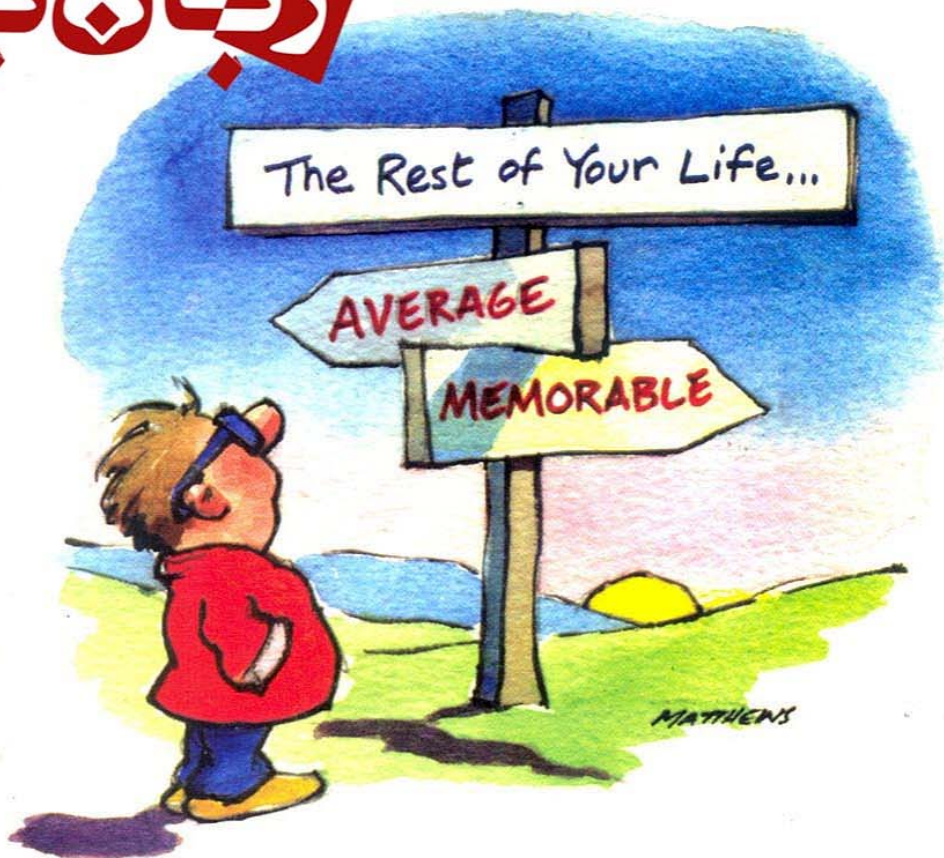
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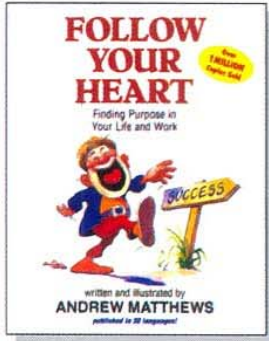
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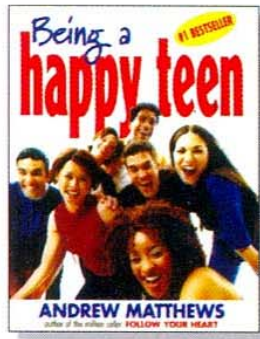
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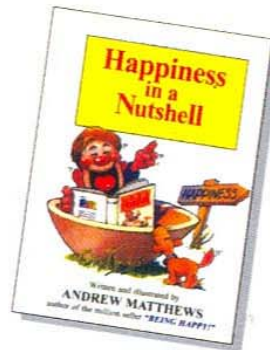
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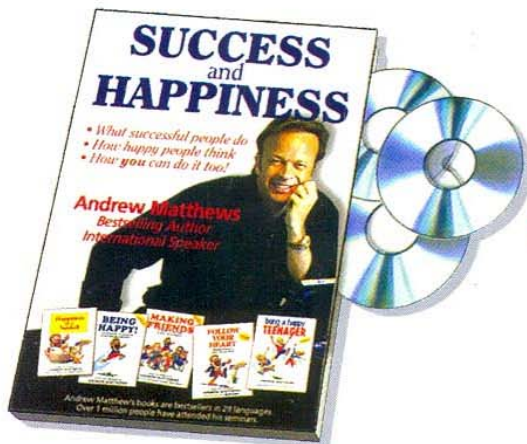
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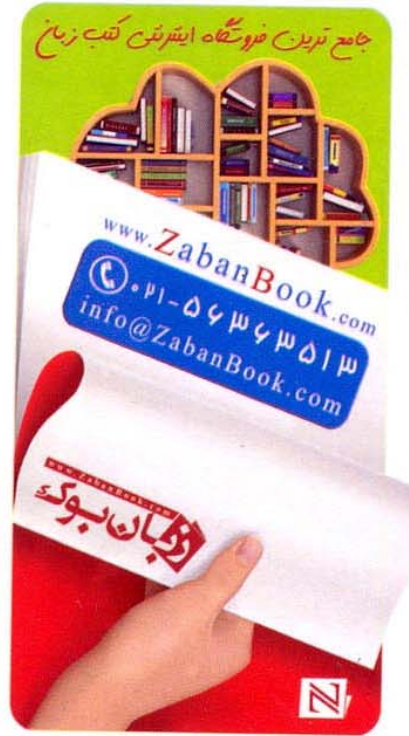
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Happiness NOW



written and illustrated by
Andrew Matthews

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To Julie:

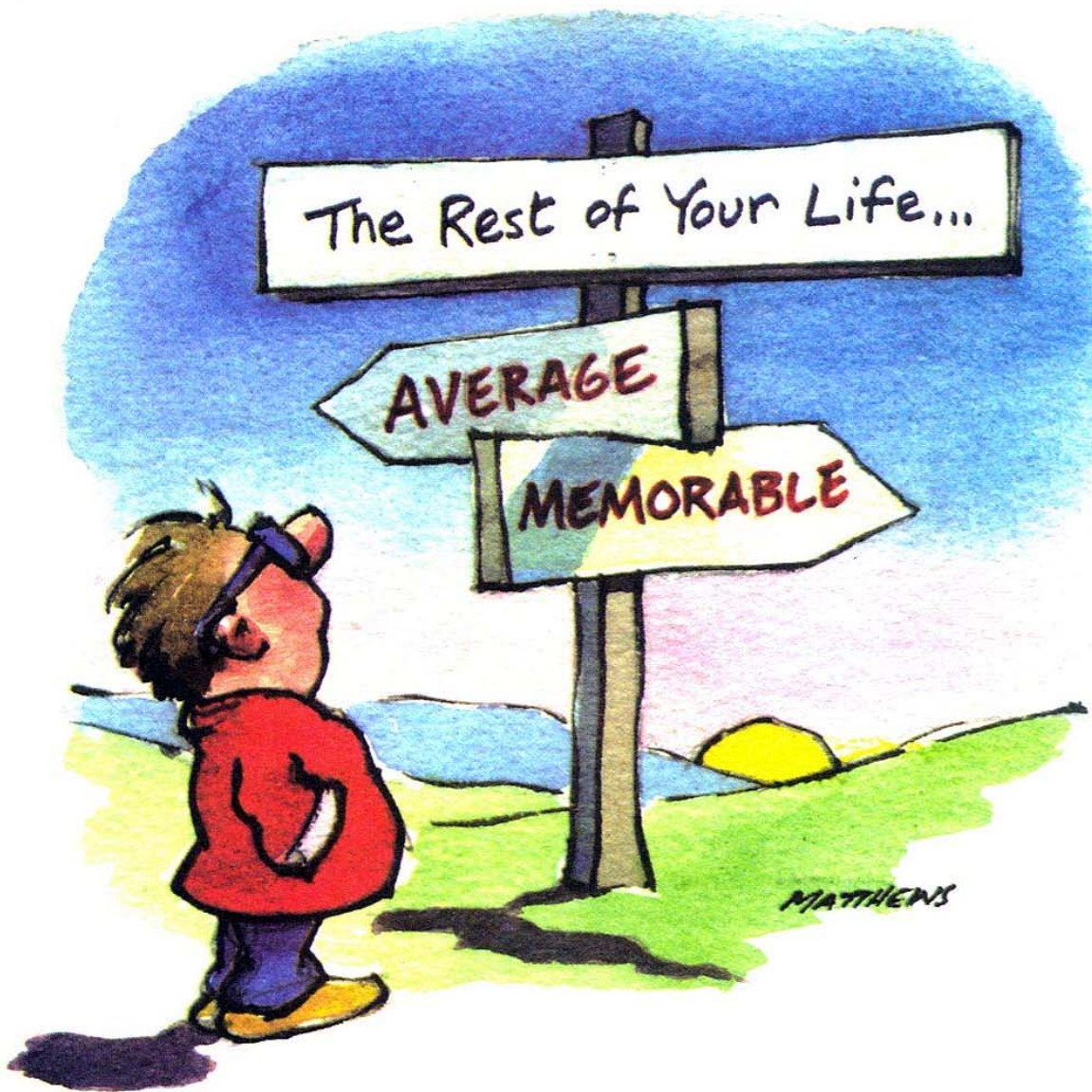
To my precious wife and publisher – again, thank you!

Thank you for your brilliance in managing our publishing company.

Thank you for the endless long days and late nights you spend on the phone with the other side of the world, making things happen. With your energy, passion and courage, you do things that no one else could ever do!

Thank you for your wisdom and guidance.

Thank you for putting your brilliant career on hold to take these books to the world.



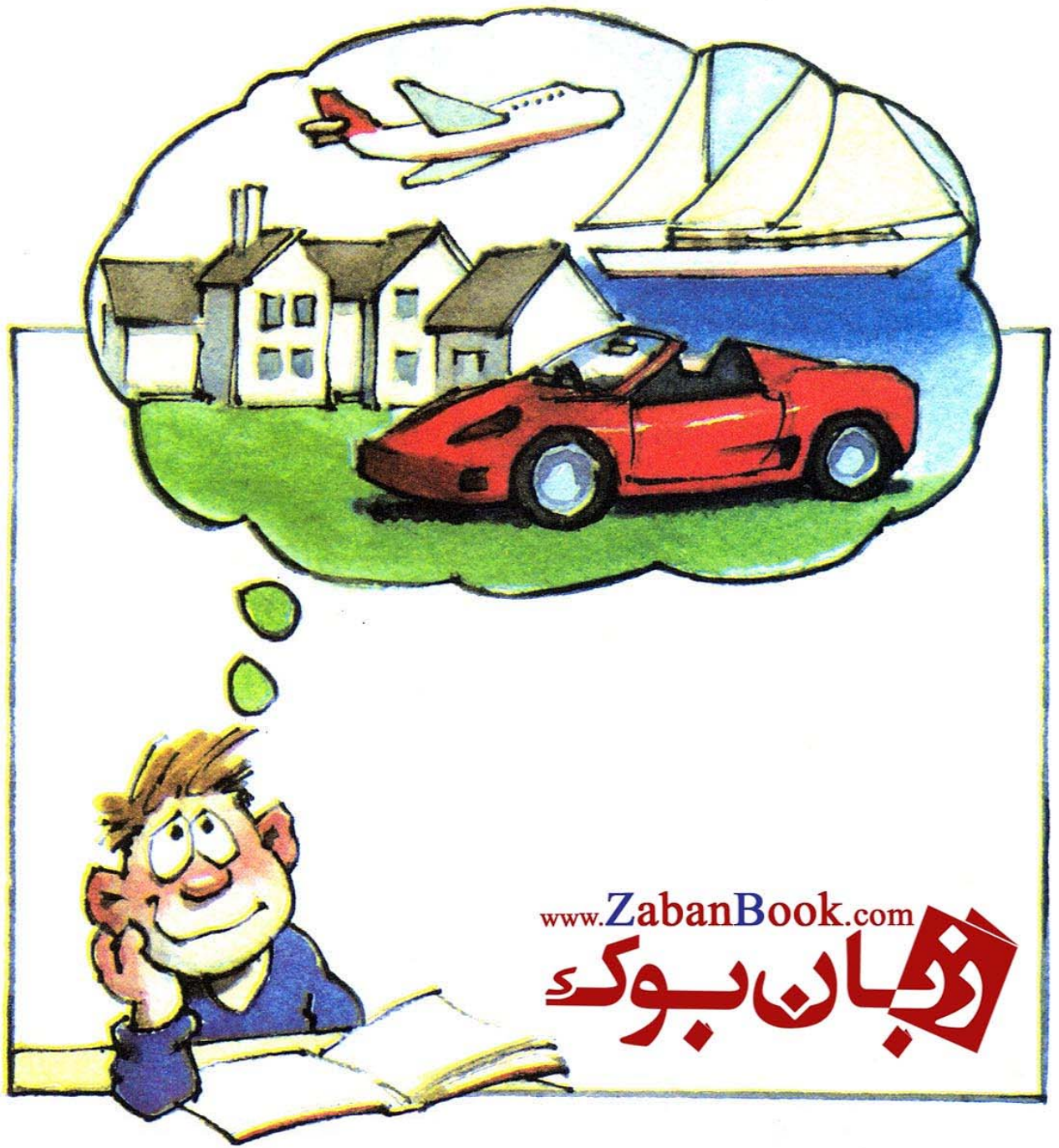
The Rest of Your Life...

AVERAGE

MEMORABLE

MATTHEWS

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Isn't it strange? Everyone wants happiness, but where do we study it?

We are born. We go to school.



We study mathematics. We learn about haemoglobin and the Himalayas. But we never study happiness.

I used to ask myself, "Why are some people always happy?"

I wondered, "Are happy people smarter than the rest of us? Or are happy people just too silly to realise that they should be miserable?" More about that later ...

When I was a kid, I used to dream about the future.

When I finally got to the future, I was often disappointed.



I discovered that LIFE IS HARDER THAN IT LOOKS! www.ZabanBook.com

I wanted to know:

"How come other people live fascinating lives?"

"How come other people are happier than me?"

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I read books. I attended lectures and seminars.



I tried walking on fire.



I read about the great philosophers. I figured that they could teach me about happiness ...

I came across a group of ancient Greek philosophers called the Skeptics. They said that "You can only have real peace of mind if you don't believe anything". But how can you believe that?

I read about Socrates – and a fellow called Gorgias. Gorgias said:

- a) nothing really exists, therefore
- b) if something did exist, you wouldn't know it, therefore
- c) you don't exist!

But how can you use that information?

Imagine ... you get pulled over by a traffic cop, who says, "Give me one reason why I shouldn't book you for speeding." And you tell him, "You don't exist!"

I noticed two things about philosophers:

- a) most of them weren't very happy, and
- b) lots of them were mathematicians!

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“Everyday Philosophy”

Here’s what I have come to believe.

There are two kinds of philosophy – the academic kind, and the everyday, personal kind.

It is your everyday, personal philosophy that really counts.

Your everyday philosophy is what you believe about everyday stuff – about work, money, worry, failure, friendship, family, the future.

Everyday philosophy is what we use to explain life’s ups and downs: it is the foundation on which we build our life.

It’s like when people say ...

“Everything happens for a reason”, or

“Disasters are opportunities”, or

“All men are bastards!”

It’s personal!

Our personal philosophy is the lens through which we view every problem and every opportunity.

Often, it is the reason that we give ourselves to persist – or quit.

People who live happily are not necessarily the smartest or the richest or the most talented. But they have a personal philosophy that serves them well.

Happy people seem to share certain philosophies on life.

This book is a summary of the strategies of happy, effective people.

Some of these ideas will already be familiar to you. Sometimes we don’t need new information – we just need to be reminded!

And a cartoon can help us to remember the message.

If you have suffered serious personal tragedy or trauma, then this book may not be enough, but it can help with your everyday challenges.



ANDREW MATTHEWS

"One more operation –
we haven't beaten this thing yet."

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When Things Get Tough

Happiness Myths

Kick the Worry Habit!

Character

Why?

Mental Fitness

Laughter

When Things Are Beyond Your Control

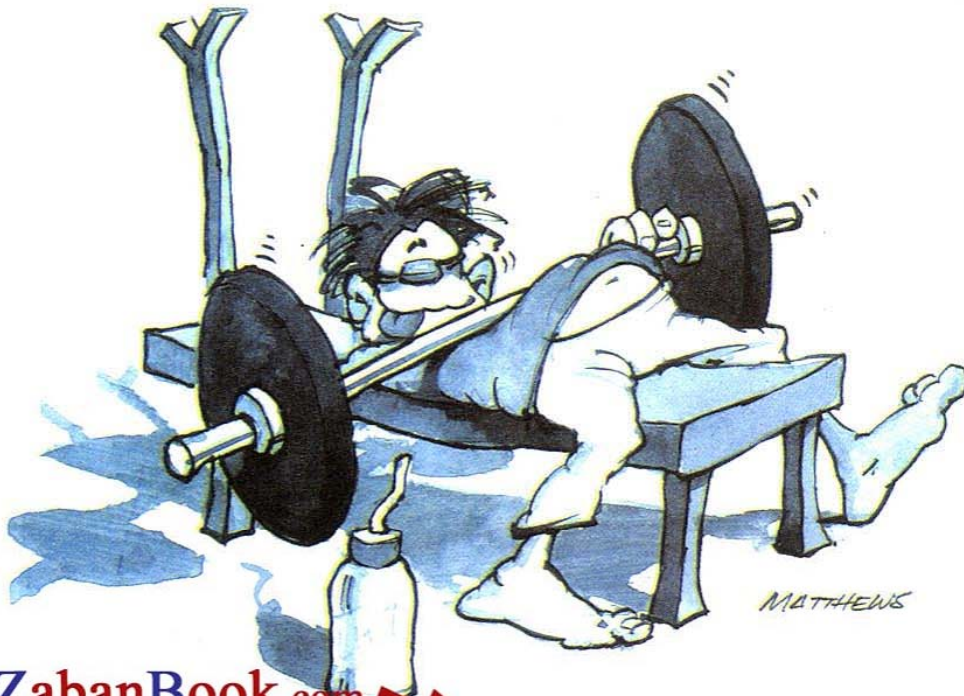
Rage!

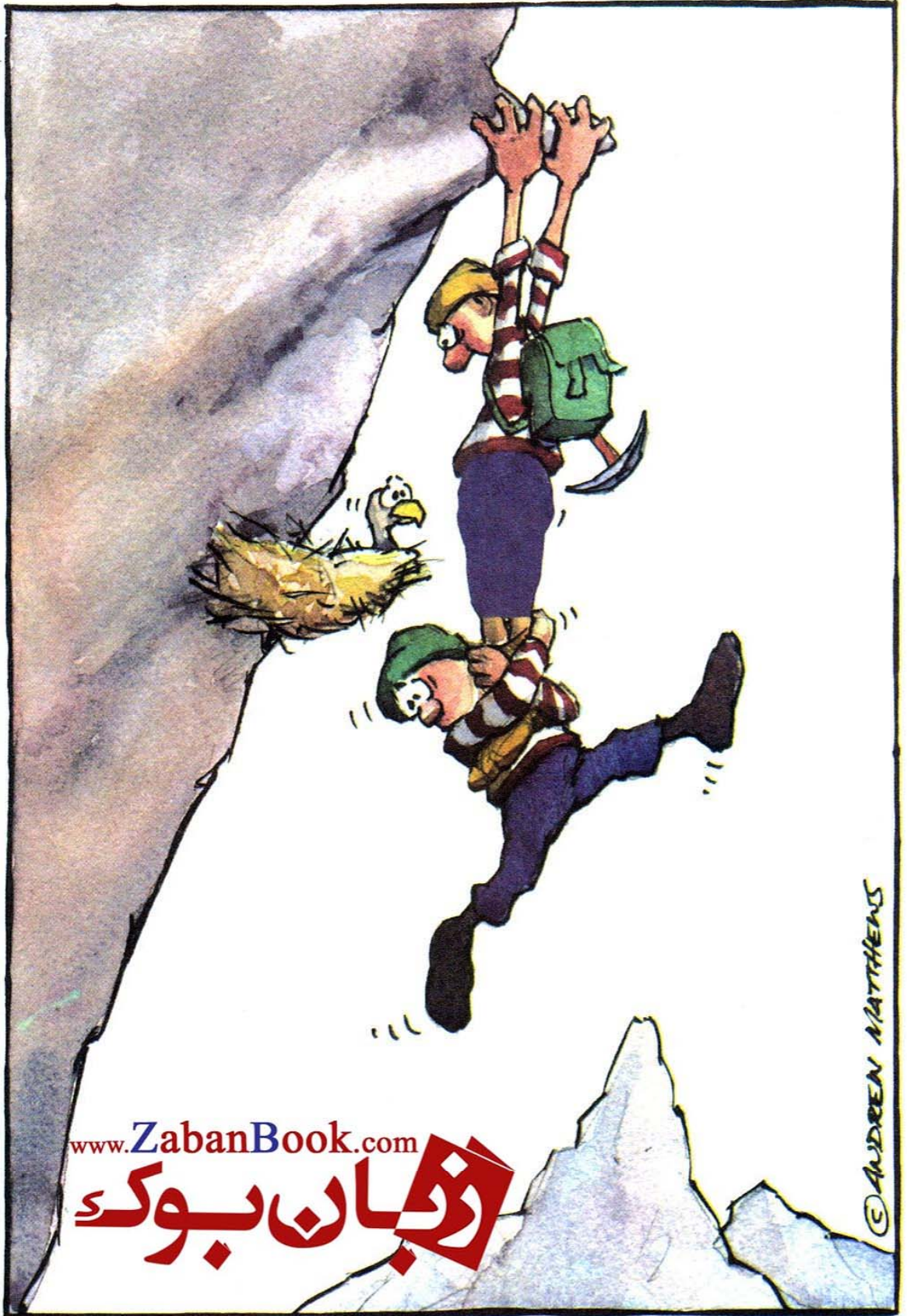
"Where am I going?"

Patience

Isn't It Amazing?

Happiness





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When Life Gets Tough

How do you survive when life gets tough?

How do you hang on when you are grieving, lonely or broke?

You can only tackle your problems as you would climb a mountain ...

If you go rock climbing - and you get stuck on a ledge - you suddenly focus on the present moment!

You forget about the future. All your effort goes into your next step. Then your next step. Inch by inch.

Eventually you claw your way out.

The same strategy works for everyday life.

When things seem desperate, you fix your focus on the present moment.

You tackle one problem at a time. You take a step. You get a little confidence ... and take another step, and another.

Eventually you find that the worst is over.

If you were to worry about

- a) everything you need to do in the next month, or
- b) everything that could go wrong in the next year, you could go nuts!

But you can handle one day at a time.

And whenever 24 hours is too tough, bite off five minutes at a time.



IN A NUTSHELL

All you can do is give your best effort until bedtime.
Let tomorrow take care of itself.