

- Relationships
- Career
- Prosperity
- Peace of Mind

HAPPINESS *NOW*



ANDREW MATTHEWS

author of million seller **FOLLOW YOUR HEART**

Happiness **NOW**

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Also by the same author:

"Being Happy!"

"Making Friends"

"Follow Your Heart"

"Happiness in a Nutshell"

"Being a Happy Teen"

To Julie:

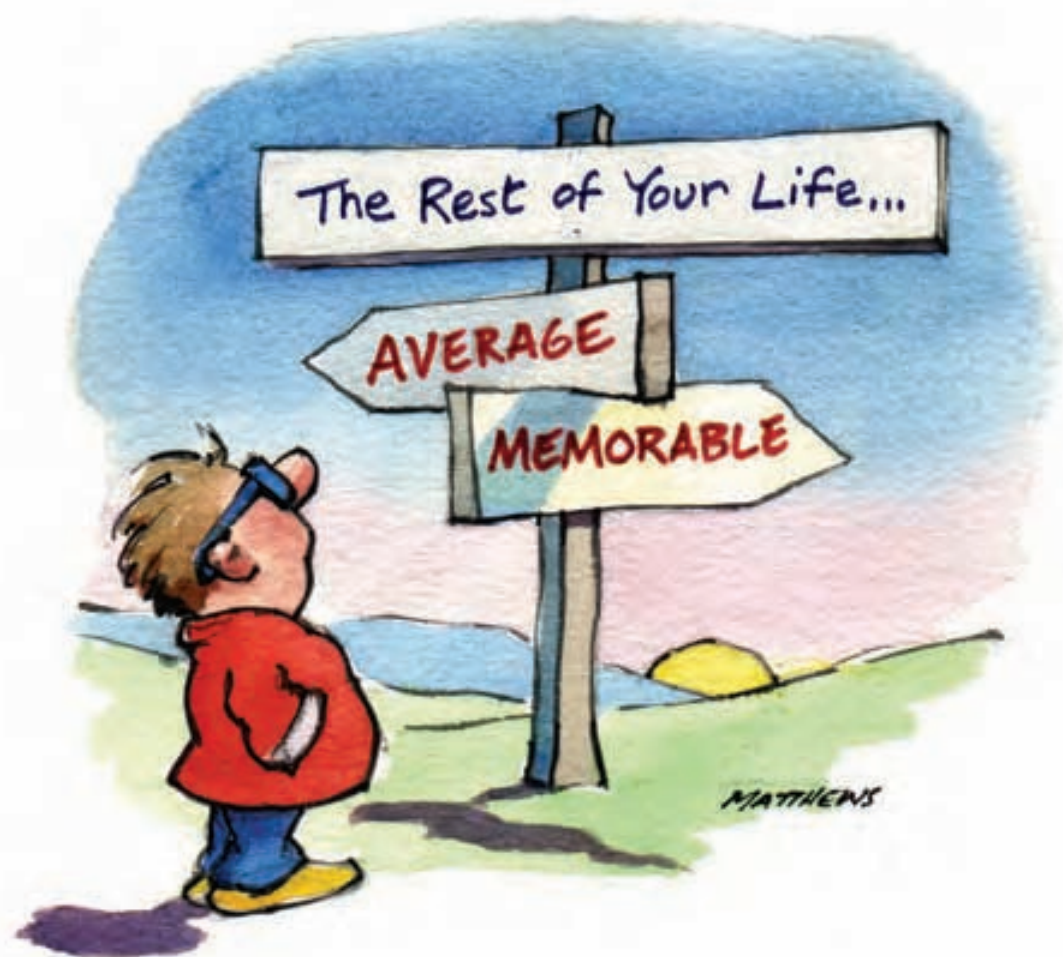
To my precious wife and publisher – again, thank you!

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.



1. Your Philosophy 7**2. One Day at a Time 11**

When Things Get Tough	13
Happiness Myths	15
Kick the Worry Habit!	17
Character	19
"Why?"	21
Mental Fitness	23
Laughter	25
When Things Are Beyond Your Control	27
Rage!	29
"Where am I going?"	31
Patience	33
Isn't It Amazing?	35
Happiness	37

3. Laws of Life 39

Lessons	41
Pain	43
Patterns	45
Self Talk	47
Your Mind Is a Magnet	49
Why Set Goals?	51
Wishing for Things	53
Commitment	55
A Track Record	57
Enjoying Your Work	59
Making More Money	61
The Law of the Seed	63
Why Think Positive?	65
Peace of Mind	67

4. Friends and Family 69

Relationships	71
Family	73
Compliments	75
Trying to Change People	77
Forgiving People	79
Friends and Money	81
Presents	83
Other People's Relationships	85
"Make Me Happy!"	87
"I Love You!"	89

**5. Success Strategies –
What to do Now 91**

What Is Most Important?	93
What Surrounds You?	95
Excuses	97
"I Can't Do It!"	99
Get Serious	101
Focus on What You Want	103
Just Ask	105
Throw out the Junk!	107
Prosperity	109
Save First!	111
Just do it!	113
Your Best	115
When to Quit?	117
What We Have	119
Everything Is Connected!	121



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 hemoglobin 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 realize 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!

I wanted to know:

"How come other people live fascinating lives?"

"How come other people are happier than me?"

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!

“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.