

The Eight Best Secrets to Staying Happy



Are you waiting for happiness to find you or are you willing to create it? There are multiple roadblocks to happiness, so avoid them at all costs. These secrets are simple yet not easy, so they will take some work on your part.

Avoid Pointless Worrying and Guilt

It's a hamster wheel that's exhausting, and you're not going anywhere. Use your energy to problem-solve instead. Commit to letting go of anything you cannot change.

Avoid Holding on to Anger and Old Grudges

It's as if you're allowing poison to take over your system, yet expecting someone else to suffer. It doesn't work that way. You'll be the only one who is hurt. Learn to let go and move on.

Avoid Focusing on What's Missing

When you're negative and pessimistic you only see flaws and shortcomings. Instead, be appreciative of what you already have. In life, you can choose to be grateful or depressed, but not both.

Avoid Trying to Control Every Outcome

Instead of trying to always be right, work on being happy.

Avoid Eating Unhealthy, Not Exercising and Running Your Body Ragged

When you don't get enough sleep and don't care how you treat your body or what you put into it, you can't expect to perform like a prized racehorse.

Avoid Negative People

Whenever possible, minimize contact. Expand and diversify your social circle. Negativity is contagious and boring.

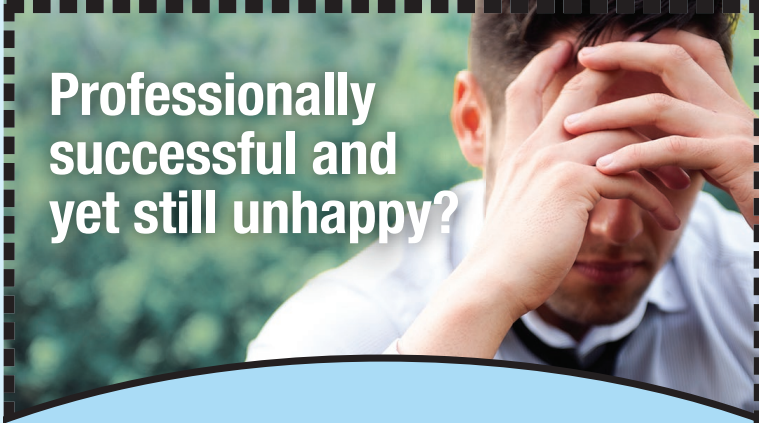
Avoid Focusing on Pleasing Everyone but You

Accept who you are and make the best of it. Remember, you are an original, therefore, don't act like a cheap copy.

Avoid Expecting Perfection

Instead get started. It won't be perfect, so what? Version one is far better than version none!

Feeling happy and at peace with yourself takes work, and sometimes you need professional help to get back on track. The first step to sustained long-term happiness is for Dr. Gilbert to help you feel more connected and secure in both your relationships and in who you are. You'll enjoy life more when you feel connected. To get started and sign up for a FREE newsletter, visit www.ReconnectRelationship.com.



**Professionally
successful and
yet still unhappy?**

It's time to make a change.

Don't suffer alone. Learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Feel more connected, appreciated and heard

Call now for a FREE phone consultation

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