

The Art Of Happiness

Living A Life Of Peace & Simplicity

By

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Intuitive Living Publishing

1. <http://DrKellyPsychic.com/>

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ABOUT KELLY WALLACE

Kelly is a bestselling spiritual and self-help author, former radio show host, and has been a professional psychic counselor for over twenty years. She can see, hear, sense, and feel information sent from Spirit, the Universe, and a client's Higher Self.

Whether your problems or concerns center on love, finances, family, career, health, education, or your purpose in life, she writes books that will help you easily make lasting changes.

Kelly also offers professional psychic counseling, caring guidance, and solutions that work! More than just a typical psychic reading or counseling session, you will feel you've found a real friend during your time of need—whether you simply want answers and guidance to your current worries or concerns, or you're interested in learning more about your soulmate, spirit guides, angels, past lives, or anything else.

Contact her today for an in-depth and life-altering reading!

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You Can Be Happy

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Introduction

Everyone wants to be happy; to live a life of meaning and satisfaction. The problem is, we have no idea how to do it. So often this state of wellbeing is a hit-or-miss feeling we hope to experience again and again. Many things can stand in the way of achieving a life of joy and contentment, but my goal is to share simple secrets to feeling good and staying that way. And, it's easier than you think.

How do I know this? For most of my life I lived with poverty, depression, feeling lost, unfulfilled, and a list of other negative thoughts and feelings. No matter how hard I tried it seemed peace of mind was elusive. I felt I was doing the right things, but something had to be missing either in my thoughts or actions since I couldn't get it right. Everything always seemed to be two steps forward and just as many back. Was I lazy, dumb, or born with bad luck? Not at all, and neither are you!

What I ultimately discovered is that true happiness is different for everyone, and nothing like the media portrays. Ultimately, I found my own life of bliss and it's my goal to help you find yours. Imagine lifting the clouds of confusion and negativity, and discovering a whole new world where joy, contentment, and passion become your everyday life. Not only is it possible, but you deserve it!

In these pages I'll share with you what I've learned along the way and what I put into practice in my own life. Every word in this book comes from experience. If I did it, so can you, and I'll be here to guide you every step of the way.

Once you're done reading this book and putting these steps into action, if you'd like to share your experiences with me or have any questions, I invite you to email me at:

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PART ONE



WHAT IS TRUE HAPPINESS?

Since you're reading this book, chances are you aren't happy with your current life as it is. Maybe things aren't too bad, but you'd like them to be better. Or, perhaps you're downright miserable in one or more areas. But what is true happiness? Once you really know this answer, you can look at your life and discover where it's lacking and what you can do to change all that.

Dictionary.com states that happiness is 'a state of well-being characterized by emotions ranging from contentment to intense joy.'

If you look closely at the definition, you'll see that a state of well-being is what leads to happiness. It's a feeling that all is right in your world—inside and out. Sure, if you won the lottery, found your soulmate, or landed a dream job, you'd probably feel very happy, but unless you live in a constant state of well-being it's not going to last.

So how do you go about finding this elusive feeling of emotional comfort? It all starts with being true to yourself and others. When you live a life of compromise and deny your wants, needs and desires there's no way you'll find lasting happiness. In fact, many people believe that being happy is the true purpose of life on Earth. After all, if you're content with the path you're on then you'll naturally be happy, and life will unfold in joyous and often miraculous ways.

My goal is to help you discover what makes you happiest. Really and truly happy.

It Doesn't Cost A Thing

I bet you'll find that most things that fill you with joy and contentment cost absolutely no money at all. Spending time with loved ones, in nature, with your pet, listening to music, or simply reading a book may fill you with happiness that can't be bought at any price.

Think back over times in your life where you laughed and couldn't imagine life being any better than at that very moment. I can almost guarantee that each of those memories had nothing to do with money, but instead with what you were doing and who you were with. Even some moments spent in solitude can be peacefully joyous. I want to clear that up right now since so many people feel that if they only had enough money (or were thinner, stronger, better looking, smarter, etc.) they'd finally be happy. It's simply not true.

Besides air, food, water, shelter, and love, we don't need much more than that to be truly happy. Buying more and more materialistic items and crowding your days with errands and activities won't bring you the inner state of well-being you're searching for.

You don't necessarily need a bigger house, a newer, car or the latest fashions. These material things only make your life more complicated. They may also have you doing things that cause stress, create greed, and take away

some simple but profound activities that can fulfill you on a level that money can't. We get so buried underneath our stuff that it's nearly impossible to find out why we're so unhappy and how to change it.

The fact is: Simplicity is where you will find true happiness.



HOW TO BE HAPPY ALL the Time

The contents of this book is based on a single article I wrote several years ago. Out of the thousands I've written it continues to be the most read and shared of them all. Does the thought of being happy all the time seem too good to be true? Of course, it does!

How many times have you said to yourself over the past week or even the last 24 hours, "I'd finally be happy if...." If you had a perfect relationship, lost weight, had more money, a bigger house, a newer car, the list goes on. The truth is, you already have everything you need to be happy.

Although I don't know your personal life story, the triumphs and tragedies you've been through, let me tell you a golden truth: life is what you make it. Don't put your happiness off for that elusive moment when everything is just-so. You can be happy right here and now if you

so choose—yes, no matter how terrible life seems to be right now!

Deciding To Be Happy

This is something many successful people already know about and I'm passing it on to you. It's what I did to turn my entire life around. If you just decide to be happy then everything you need to create a better life will come to you. That's how strong your energy is. Your mind energy, physical energy, emotional and spiritual energy, all of it reaches out to those around you and helps create your current environment. Yes, you've created what you now have in your life!

That may sound scary or maybe downright ridiculous. After all, who wants to believe they're unhappy, overweight, broke, and unfulfilled because of the choices they've made? While it's true that some things are out of our hands such as being laid off, most illnesses, or natural disasters, we can control our thoughts, actions, and reactions to everything.

For instance, the person who gets laid off could sit around and become depressed and angry, or they can take action, make a plan to find other work, and choose to be happy with the good things they do have in their life. We all have positive things and people in our lives.

When you're happy, you'll quickly discover that you see the world and everyone in it differently. You'll view things with more optimism and will be more thankful for your loved ones and the good things you already have. Instead of worrying about the future or grieving the past, being happy keeps you grounded in the present. Being in a state of peaceful bliss creates a powerful energy flow within you that spreads outward.

I'm not saying you should laugh everything off and walk around with a plastic smile on your face. There are times that call for tears, anger, or even confrontation. Sure, we all have problems, but does dwelling on them solve anything? No!

Making Changes Or Letting Go:

Clear your mind right now and allow your problems to creep in. Write them down, every single one of them. Now look at the list. What can you change? What can you do about the things on your list? Where can you take action? What do you simply need to let go of? Choose something from that list right now and start working on it.

Inaction often leads to depression and anxiety. Simply doing something about the problems in your life, no matter how small your actions are at first, will get positive energy flowing toward you so the Universe can send you what you need to be happy.

Happiness is a state of mind, and a powerful one at that. It can weigh you down with worry, guilt, anger and regret, or it can lift your spirits to the skies.

PART TWO



SIMPLE LIVING

Living a simple life is another way to be happier and find inner peace. It's so easy to fill our homes, our heads, and hearts with things that offer no real value.

One day I took a good look at everything in my life—the material things, the people, even the thoughts running constantly through my mind. What I noticed was I had so much in me and around me that caused stress and clutter there was no way I could squeeze in any good things. I was determined to be more proactive rather than just settling for life as it was, and I knew that simplifying things would make it much easier to experience more joy and less negativity.

4 Steps To Creating A Simple Life

1. Spend Simply

So many of us live beyond our means. Yes, I was guilty of that too. No matter how much money you make, it's

never enough because your cost of living will increase in direct proportion to your increase in money—or credit cards!

Decide right here and now to live as simply as possible. Cut up your credit cards, get them consolidated if you need to, and pay them off. Stop using credit to buy everyday things. I no longer have a single credit card and have never regretted getting rid of them. Think about it, if you don't have the money now, you probably won't have it tomorrow, next week, or next month. Why pay an extra 20% or so on every purchase if you don't pay it off in full every month?

Instead, set money aside for those things you really want. Chances are, within a few days you won't want it any more since most purchases are impulse buys. Studies have shown that if you wait just 24 hours you'll probably no longer want it!

Be sure to create a budget and stick to it. This is one of the most difficult, yet most important financial de-

cisions you could ever make since you'll become very aware of how you spend every penny.

Honestly, I hate budgeting my money, but it's necessary. If not, I lose track of what I spent, where I spent it, and why. Then the bills come in and guess what? Right, there's no money and no track of it. It's almost like I got a paycheck and it instantly evaporated. I'm sure you know the feeling.

Although creating and sticking to a budget may sound boring or frustrating, it's a huge step toward lasting happiness and it's actually a relief. You'll feel more stable and secure knowing where your money is going.

2. Eat Simply

Foods that spoil the fastest are best for us. I imagine that Spam and Twinkies can withstand a dozen nuclear attacks. I'm no health-food nut, though I do try to eat a mostly vegetarian diet. Along with avoiding meat most days, I've tossed out the white rice and bread—still try-

ing to get used to that! I grab carrot sticks or an apple when I'm hungry between meals rather than potato chips or a donut. I still allow myself to have occasional treats, but the healthier I eat, the better I feel. I've also discovered that all that junk I used to eat before really doesn't taste that great anymore.

By eating healthier and more natural foods you'll be surprised at the money you save at the supermarket. I spend about \$50 a week. No, I don't use coupons. What I do is read the sales papers and only buy what's at deep discount prices. There's always plenty to choose from to make my weekly meals. Also, I shop my local dollar store for things like toothpaste, deodorant, shampoo, and other items like this.

If you're trying to lose weight, eating simply is the fastest and easiest way to do so. You don't have to follow any special diet unless your doctor recommends it. Instead of paying for a diet plan like Weight Watchers or Jenny

Craig, mentally divide your plate into three equal sections.

In one section fill it with vegetables or a salad. The next section should contain a complex carbohydrate such as beans, brown rice, a baked potato or other grain or legume. Lean protein would go in the final section. That's all there is to it. If you want to go back for seconds, do so, but eat them in equal proportions. You'll find that the weight will easily come off and there's no calorie counting, no special diet, and no expensive pills needed.

3. Think Simply

We're overloaded by so much information these days that we never know what to think or believe half the time. For my own mental and emotional well-being, I avoid all news channels, newspapers, and news websites most of the time. Truthfully, if aliens from another galaxy came to take over the planet, I'd be the last to know. I like it that way.

It's not that ignorance is bliss, it's just that the news is so full of pain, drama, and misery that I tend to feel depressed or angry after reading the stories. I choose to spend my time in a happier, healthier frame of mind. There's plenty of uplifting news in the world and I seek that out.

Also, don't try to learn too many things at once. If you find an interesting new path, check it out, but don't overdo it. For example, gathering just a small portion of information from the internet on meditation alone can be overwhelming.

Find something that resonates with you and stick with it until you feel the urge to move on. As souls in human bodies we're meant to change and grow over time, just don't try to do it all at once!

My friend Ron is always chasing after some new interest. Although learning new things is great, he spends truckloads of money on these paths. Recently he got into golfing. He had no idea if he'd even like it, but he went out

and bought top of the line golf clubs, shoes, clothes, and a high-priced membership to an exclusive golf course. He was all set!

I'm sure you can guess what happened though. Yep, he tried it out a few times and hated it. All that money wasted. The moral of the story is to take baby steps until you find your passion.

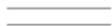
4. Love Simply

Love is the most basic, honest emotion there is, and yet we have so much trouble understanding it, keeping it, and showing it. Don't be afraid to say, "I love you." Say it often, say it every, single day of your life to those you care about. Look in the mirror each morning and say it to yourself. Touch the people you love. Compliment them and praise them. Speak from your heart, not your ego. What we give out, we receive, so offer the kind of love you want in return.

Love doesn't have to hurt or be confusing if we're brave enough to express our feelings, and are true to ourselves and those we care about. If you're in a bad relationship, get out—plain and simple. I've done it a few times. It wasn't easy, but necessary. Love is not pain, or sadness, or misery, or emptiness. Love should fill you with joy and peace. Don't settle for less, and don't offer anything less in return.

There's true happiness in simplicity, while misery thrives on complication and chaos.

PART THREE



GETTING THE MOST OUT OF LIFE

How many times have you heard that someone died, and you realized their life was wasted? Maybe you knew this person quite well and you saw they never took the time to make any of their dreams come true. They spent their days working long hours or being in a constant state of busyness, always promising themselves they'd pursue their goals "someday." That someday never came.

You don't want that for yourself, do you? But how can you wake up, live in the here and now, and get the most out of this life before it's over? How can you live a life with the fewest regrets?

Don't Put Things Off

It's so easy to find ways to stay busy and fill our days to overflowing until there's no time left to do the things we should do or want to do. The internet has made this far easier! The hours go by quickly and before we know it, it's long past time for bed. I'm guilty of this because I

tend to be a workaholic. I have to constantly remind myself that there's a life beyond all of my work.

Make it a habit each day before you sit down at the computer to do at least one thing you should do—whether it's doing a load of laundry, making an appointment, studying for a class, or calling a friend or relative. Nothing terrible will happen if work or emails wait a bit, and you'll have a sense of satisfaction for having accomplished something you know you should have.

Since I'm able to work from home I always do a load of dishes and/or laundry, then take the dog for a walk before I start working. Sure, some morning's I don't feel like doing that, but once it's done I feel I've got a head start on the day.

Do Good Deeds

Whenever you see an opportunity to do a good deed, jump on it! Whether opening a door for someone in a wheelchair, helping some elderly person load groceries

into their car, sending a "thinking of you" card to a friend or family member you haven't talked to for a while, or volunteering for a cause you believe in, do it.

We live in a world where people don't expect others to do kind things for them. In fact, there have been times when I've offered to help someone out and they looked at me with suspicion or even anger. It often seems that the mindset is "every man for himself" and good deeds are incredibly uncommon. Let's bring back the days of courtesy and kindness. Not only will it make the other person feel good, but you'll walk away feeling downright incredible!

Avoid Judging Others

There's nothing worse than having someone hovering over your shoulder telling you that you're doing something wrong, how to do it better, or that you forgot to do it at all. Women are notorious for being judgmental, but men are guilty too. I have a few Capricorns in my life who are especially good at this skill. My motto is,

“live and let live.” Nobody is perfect, and people certainly don't need to be reminded of their shortcomings.

Instead, choose to focus on yourself and ways to make your own life happier. Many times, all that lecturing is just a cover up for deeper problems in a relationship, or a way to take the focus off yourself and the reasons why you aren't feeling happy or fulfilled.

With the naggers in my life, they mean well, but being Capricorns, they tend to be mother/father to everyone they meet. I love and respect their well-meaning reminders and advice, but I often tell them, “We're all on our own path in life; try not to walk on someone else's.”

Let Go Of The Past

We've all had some really bad things happen to us, some worse than others. Refuse to dwell on these negative memories though. All it does is bring your energy level down and surround you with an aura that deflects anything good from coming into your life. So, whenever

a negative thought about the past comes up, replace it with a positive thought that is equally powerful.

For instance, say you were abused as a child or in a relationship and a certain event pops into your mind. Instead of giving in to the memory, bring up a happy memory you have and recall it in as much detail as possible.

If you have very few happy memories, or find it hard to come up with something when anger or pain strikes, make a list of some happier times when you're in a good mood and read this list when you're feeling down.

You could even write down future events that you hope to experience. If you were in a very bad relationship, write down what you would love in your next relationship, what your future mate will be like, and some happy times you'd like to share with this person. This is also a great way to reprogram your mind and energy field to attract what you desire most.

The past is gone, it's done and over, the only way it can have any effect on you now is if you let it. Those "negative memory pathways" have worn a deep groove in your mind, so it's much easier to recall them—whether you like it or not. Choose to create "positive memory pathways" and see the difference it makes in your mood, and in your life.

In my own life I had to work on this a lot. Having been abused as a child and then in two marriages, I had so many painful memories that my mind constantly went over them. It was like a computer program stuck in an endless loop.

I'm sure you can imagine how destructive this was to my happiness, success, and life in general. My brain was wasting so much time going over every awful thing I had experienced there was no room for good things to come to me!

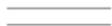
What I ended up doing was every time a negative memory popped up I would say the word "Stop!" either out

loud or in my mind. Then I would bring up a happy memory or listen to music and sing my heart out.

Do whatever healthy and productive things you can to let go of your negative past and allow good people and events to come to you.

The Universe can't send you positive things if there's no room.

PART FOUR



ENJOYING LIFE MORE

What you think and how you act has a huge effect on your overall happiness. The problem is, you've been programmed since the day you were born. By the time you're a teenager you've had 75% of your mental, emotional and spiritual programming done for you by the adults in your life.

In fact, at just five years old you've had half of your subconscious programmed. No wonder we walk around feeling unfulfilled and repeating the patterns of our parents! The key to being happy is changing your inner programming so you can enjoy life more.

Beliefs Become Reality

It's good to question your beliefs from time to time. Do they still serve you, or are your beliefs holding you back? As Anais Nin said, "We don't see the world as it is, we see it as we are." The way one person sees something may be totally different than how someone else sees it. You may

look at the ocean and see it as being beautiful and peaceful, while someone else may see it as a horrifying death-trap. And it's all due to our internal belief system that has been set up since we came into this world.

Next time you sense anger, fear, or worry creeping up on you, look inside yourself and see what beliefs are helping to create these feelings. Did your parents always fight about money so now, whenever money is tight, do you become depressed or frantic? Did your first love cheat on you and now you constantly find "proof" that your current love interest is cheating?

Ask yourself if you truly need to hold on to the belief. Is it helping you in any way or simply holding you back? How much happier and freer would you be if you let it go and adopted a more positive and constructive belief system?

Nurture Your Inner Child

Very few of us can say we had ideal parents, or that our childhood was wonderful in every way. Each one of us has an inner child that is wounded, angry, lonely, scared or sad in some way. By doing this exercise you have a chance to parent yourself and ultimately heal.

Find a picture of yourself as a child when you were smiling. Frame it and set it on your nightstand or hang it on a wall you pass by often. Look into the eyes of the child you were then and offer a smile in return. Send loving, healing thoughts to your child self. Talk to this little person. This may sound like a silly thing to do, but you'll be surprised at the amount of emotion that erupts when you dare to look into your own eyes.

I did this exercise myself years ago after getting out of my second dysfunctional marriage. I knew I kept choosing negative relationships because of my upbringing. My grandparents and parents had bad marriages so that's all I knew and what I mirrored in my adult life. When I looked into the eyes of my child self it was heart-wrench-

ing and incredibly difficult to maintain eye contact for more than a few seconds. I stuck with the exercise though and over time helped to heal the child part of me and went on to find happiness, success, and wonderful love.

Look at your younger self. Do you feel bad for the child in the picture? Sad? Do you feel the child is weak and pitiful and it makes you angry and disgusted just to see that face? Any negative feelings that come up are clear indications that work needs to be done, issues need to be faced, and emotions must be healed. I cover this issue in more depth in my book *Healing The Child Within – Changing Your Early Childhood Life Script*.

Accomplish More Goals

How many times do you fall into bed at night feeling you got nothing accomplished? There's a long list of things you wanted to do, but somehow you forgot about them, got sidetracked, or by the time you remembered you were too exhausted to care.

Make a list of your top goals for the following day. Try to include no more than five things since you don't want to feel defeated before you start. Tackle each one in turn until you've got the list cleared out. Then when you settle down to some well-deserved relaxation time, you won't feel guilty.

Do this for large projects and long-term goals too. Whether you want to go back to school, lose weight, or clean the junk out of your home, break the task down into tiny steps that are easy to follow. Pretty soon you will have accomplished what you set out to do.

Cut Out Complaining

I say this again and again in my books, "What we focus on expands." The more you focus on the negative in your life and complain about it, the more it's going to bother you and the more difficult it will be to get rid of the problem. Happiness will also remain elusive.

An easy way to see how complaining strangles any hope of achieving ultimate happiness is to think of your life as a garden. Let's say you're on your knees tending to your garden but all you see are the weeds. You can't see the young plants trying to sprout since you're too busy pulling weeds and cursing them. As you complain you forget to water those young plants and soon they die. Rather than blaming yourself for your laser-like focus on the weeds (your problems) and lack of attention to the young plants (the good things in your life) you blame your rotten looking garden on the weeds themselves.

Your problems can't make you miserable, only your constant focus on them and lack of action can. From now on, every time you catch yourself complaining—whether out loud or inside your head—stop yourself and replace the complaint with something positive. Instead of saying something like, "I'm so fat! How could anyone find me attractive?" Replace it with a positive statement such as, "I really love my eyes (or smile, or

chest, or feet, or whatever.)” In time you’ll see that you’re complaining less while life becomes happier.

Have A Positive Outlook

Don’t let a bad mood or worry color your days and nights. Feelings only control your life if you allow them to. Naturally, we’d love to have positive thoughts constantly dancing through our minds, too often though we see life through the glasses of negativity or worry. When you do this, nothing seems right or good. Your problems appear insurmountable, and people seem completely impossible to get along with.

If they had a gold medal for worrying, I’d be the Olympic champion every time. There are times when I lay in bed awake allowing every worry—real and imagined—to parade through my mind all night long. Lately though when I catch myself in this worrywart mood I put on the brakes and laugh at myself. After all, what in the world can I accomplish by worrying? Worrying is

passive, it gets you nowhere, and it has never solved or prevented a single thing!

I then change my worry to wonder. I ask myself, “Hm-mm...I wonder how I can overcome this obstacle? Maybe I could try this. If it doesn’t work, I’ll try something else.” The following morning, I put my plan into action. Now, I’m doing something. I’m actually moving forward and creating change in my life rather than remaining stagnant with worry.

The next time you find yourself worrying or in a bad mood, realize that it’s simply a glitch in your thought pattern at the moment. Stop yourself and change your line of thinking to that of wonder. “I wonder why my boss is in a bad mood today? Maybe he’s under a lot of stress.” Or, “I wonder how I can pay my cell phone bill this month? Maybe I can take the bus to work or share a ride with someone a couple times a week and save on gas money.”

By changing your line of thought to that of curiosity and wonder you allow growth to take place. Give it a try when you find your mind spinning wheels. See what you can come up with that will help create changes.

Always remember: You are what you think.



CREATING A POSITIVE Aura

Everyone has an energy field that either repels or attracts. If you're unhappy then your aura may be very weak and extend only a couple of inches outside of your body. Have you noticed that when you're feeling depressed or introverted people tend to ignore you? When you're happy it's very different though, isn't it? Complete strangers may gravitate toward you and begin talking to you. Good things come your way more often, problems are more easily solved, and opportunities may spring up.

That's because you're emitting a very strong and big energy field. I can't stress enough how important it is to create a positive aura. In fact, I go over this in detail in my book *Energy Work - Heal, Cleanse, and Strengthen Your Aura*.

Compliment Someone Today

How do you feel when you receive a compliment? Maybe you feel a bit embarrassed, or downright proud!

But it does feel good, doesn't it? So why not offer the same in return and compliment someone each day? Whether it's your partner, your child, a coworker, or a stranger, a little kindness goes a long way.

Tell your guy or girl how sexy they look or how good they are at something. Tell your child how proud of them you are. Tell a stranger you like something they're wearing or compliment their hairstyle—if you actually do like it. That's another thing; compliments must be sincere. If not, people will see right through you and an insincere compliment is worse than no compliment at all.

Believe Things Will Get Better

When you're down, remember the only other way is up! Sure, you can sit and wallow in your negative thoughts and feelings, but why not breathe a sigh of relief believing things are as bad as they can get, and start climbing your way to the top?

Life is always about ups and downs; there's no way around it since it's the natural cycle of things. But, the better you get at bringing yourself up and staying there, the down times will become fewer and not nearly as bad. You'll be able to get right back up again. Yes, that first hill is a doozy, but once you've made it to the top, you will have gained valuable experience and confidence that will help you over the next hurdle.

Connect With Your Higher Self

Make it a habit to have a stream of consciousness writing session once a week. You may want to do this on Sunday after the week has ended and a new one is about to begin.

Get a notebook that you'll use specifically for this exercise and set aside fifteen minutes. Sit down in a quiet room, put pen to paper, and just write. What about? It doesn't matter. Have faith that you'll write about what you need to.

If you have trouble getting started, begin with a single word such as: Why? What? Who? Where? How? All the answers and guidance you need is right inside of you and available through your higher self.

You'll be surprised at the things you uncover with this exercise. You may dredge up old wounds. If so, allow your subconscious to work through it. You could get answers to problems you've been carrying around for a while. You may even receive guidance as to which choice you should pick when faced with indecision. The possibilities are endless and remarkable!

Change Comes With Acceptance

When you can accept yourself as you are at this very moment only then will you change into something better. Denying who you are, making excuses, or degrading yourself only serves as barriers that prevent you from healing, learning, and growing.

If you need to lose weight, instead of being disgusted with yourself or ignoring the problem and having another donut, take stock of where you're at right now. Accept that this is the body you have at the moment. I can almost guarantee you'll feel a lot of resistance come up. Maybe tears, frustration, and anger too.

However, this body has served you well. It didn't give up or give out. You may not feel good very often, but your body is still carrying you around. Now, do it a favor, start thanking it by exercising and eating foods that will help create energy, result in weight loss, and build strength and endurance.

You don't even need to start out with a huge plan and tons of determination. Just one small, positive thing you can do each day for yourself will add up over the course of days, weeks, months, and years.

But, there's no way possible to make any changes—not with your weight, your love life, your finances, or health—until you accept things as they are. Stop fight-

ing against what is and allow healing to take place. When you accept things for what they are in the here and now, you will gain more strength to change them.

Fear Can Be Your Friend

Being afraid of something can offer you the energy you need to finally get it done or get over it. Whether it's fear of speaking in public, making the first move with someone you've had your eye on, taking a class, or switching jobs, turn the negative feeling of fear into a positive energy source that will help propel you forward.

The key here is to stay focused on your goal and refuse to let your mind wander back into the fear trap. Allow the energy flowing through you to move you forward and just do what you must, need, or desire to do. Make fear your friend!

What you give out you receive! Choose to emit the happiest energy possible.

PART FIVE



ACHIEVING ULTIMATE Happiness

We've talked about various ways you can begin living a happier life in many areas, but how do you reach a level of ultimate happiness? After all, being happy isn't only about your day-to-day life, it also encompasses the big stuff too.

Know What You Want Then Go For It

To be truly happy, you need to be very clear on what is meaningful and important to you and then do it. What might make someone else happy may not be what you want. So often we fall into the trap of doing what everyone else is doing. You're unique, living your own unique life.

To achieve ultimate happiness, you must reconnect with your hopes and dreams. What have you always wanted to do? Maybe you want to learn to dance, travel, write books, or grow your own vegetables. Whatever your vision is, make a plan and take action starting today.

Have An Attitude Of Gratitude

There's no way you can feel unhappy if you're truly appreciative and grateful of life. Even if you can't find one single thing to be grateful for right now there's always something you can appreciate, no matter how small.

We often bury ourselves under a blanket of anger, loneliness, emptiness or self-pity. Surely there are some things in your life you're grateful for. Once you become accustomed to thinking of the positive more than the negative, life will actually become happier for you.

A good way to do this is to make a list each day of at least five things you're grateful for. In fact, make the list as long as you'd like, but include at least five things. In time you'll see that your attitude of gratitude grows by leaps and bounds and life is just plain better all around.

I remember one time in my life when it seemed nothing good was in it. I was neck-deep in self-pity and couldn't imagine life ever being happy again. Thankfully, my wis-

er self nearly always steps in and gives me a thorough shake. Rather than thinking about all of the negative things in my life, and there were many!, I thought about the things I was grateful for.

1. I was alive. Hey, that's something!
2. My kids loved me.
3. I had a chicken roasting in the oven and it smelled great.

I could only think of three things at that point, but those three things made me smile and gave me hope. Sometimes, all we need is a bit of hope and gratitude to get us through the tough times.

Random Acts Of Kindness

Being kind to the people around you not only has a significant effect on the receiver, but on the giver as well. Even someone witnessing a random act of kindness is impacted. It's a mutual exchange of positive energy that

increases those feel-good chemicals in your brain and leads to more happiness.

Kindness is also contagious. If someone does something kind for you then it makes you feel happier and more positive, which leads you to do something kind for someone else. And so, it goes down the line of people “paying it forward.”

Move And Breathe

Another way of achieving ultimate happiness is to start moving and breathing more. These days we lead such sedentary lifestyles that we're tired from the moment we wake up until we crawl into bed at night. We awake the next morning feeling low energy and with no eagerness to face the day.

The fastest and easiest way to give yourself a huge energy boost is to exercise. Nobody likes hearing that, and humans spend more time trying to find ways to avoid exercise when all it takes is 15 minutes a day—that's it! For-

get what you've read about needing an hour or more of exercise. Studies have shown that some exercise is better than none, and 15 minutes is easily doable for most people. Take a walk around the block, follow a yoga video, go for a swim or bike ride, or simply work in the garden or yard.

Many times, you can kill the proverbial two birds with one stone by combining exercise and a task you need to do. For example, instead of taking the car to the store, I walk. It's only a mile away and I get my grocery shopping done while fitting in some exercise. I also take my dog for a walk and that benefits us both.

When you exercise you get more oxygen into your body which increases your energy level, improves your mental focus, and bumps up your mood several notches. It's long-lasting too. Though exercising might not be your favorite thing to do, haven't you noticed that when you do it how good you feel the rest of the day? It's also the very best all-natural confidence and libido booster!

Nurture Yourself

Make yourself #1 in your life. This might seem incredibly selfish, especially if you're married and/or have children. We get used to putting our own needs way down at the bottom of our to-do list and never get around to nurturing ourselves.

What ends up happening though is you become worn out, burned out, angry, and empty. If you're "lucky" you'll counteract these very natural feelings and shove them aside, becoming numb to all around you and going through life on auto-pilot.

Why have we been led to believe that taking care of our mind, body and soul is something selfish? If you don't nurture yourself on all levels how will you truly benefit anyone else in your life? How will you ever have the energy or clarity of mind to pursue your goals? How will you ever be truly happy?

Take care of yourself and don't feel guilty about it. Set aside time to relax, rest, and reflect. Make time for the hobbies and activities you enjoy. Pursue things that bring you peace, joy and pleasure. Although you have responsibilities, make it a habit to put yourself at the very top of your to-do list each day.

This was a difficult task for me to accomplish. I've been a mother since the age of 17 and putting myself on the back burner seemed normal. After all, shouldn't moms put their kids first? I love my girls with all my heart and soul, and never begrudged a single thing. However, neglecting my own wants, needs, and desires for so many decades resulted in me losing myself. By the time my kids were older I had no idea who I was or what I wanted. I felt lost and depressed.

What I decided to do was finally make myself #1 in my life. I started taking better care of myself, eating better, taking classes, going out with friends, and pursuing hobbies. And you know something? I felt better than ever.

Not only that, but my kids started respecting me more since they saw me as a real person and not just “mom.” They also become more independent since I wasn’t there to do every little thing for them all the time. Putting yourself at the top of your to-do list is a must if you want to live a life of happiness.

Focus On Your Strengths And Values

What do you see as being your core values and strengths? What makes you uniquely you? What are you really, really good at? If you aren’t sure, think back to a time when you felt your absolute best and go over this memory in detail. What were you doing? How did you do it? How often?

I have a friend who used to be a dancer, but she gave it up when she got married. She valued creativity and self-expression, but two years later she was depressed, empty, and had put on more than 70 pounds. She loved her husband, but was miserable.

I had her think back to when she felt happiest and her dancing came right to mind. I asked her how her life was different when she was dancing, and she admitted to feeling more passionate and taking better care of herself. I urged her to get back into her dance classes. She did so, and has never been happier. In fact, her husband has started taking classes with her.

Think about what you value most and live your life accordingly. Perhaps you value family most, or financial stability, or adventure. If you aren't living in alignment with your core values, you'll simply be unhappy until you do.

For one of my clients this meant getting a divorce and moving to Korea where she now teaches English. She valued travel and her strength was in teaching, while being a stay-at-home wife was never on her list of values or strengths. When she went against this she grew increasingly resentful until she and her husband drifted apart.

Another client wanted to be financially stable but found himself spending money as quickly as he made it. After we talked, he decided to open a savings account and automatically put 10% of his paycheck in there each time he was paid. In time he became happier and found that he spent far less money because he was now living one of his core values.

Cultivate Relationships

Humans are naturally social, even if you feel you aren't. We all need to connect with others on a regular basis. Some people feel happiest when speaking before a huge audience while others are most happy when surrounded by family or just one or two close friends. How much time do you spend investing in your relationships though?

Relationships must be nurtured if they're going to stay strong and healthy. This is especially true when it comes to our significant other and children. I truly believe this is why so many marriages fall apart and why parents and

their children aren't close—they aren't taking the time to nurture their relationships.

Never take your friends or loved ones for granted, be sure you give them your undivided attention when you're with them and spend quality time with them.

Strengthen Your Spirituality

Whether you want to meet and work with your angels, communicate with your spirit guides, strengthen your natural gifts of intuition, or focus on aura work, your spirituality can make you happier in all areas. Life isn't only about the physical, mental and emotional, but includes the spiritual realm as well.

Being spiritual isn't the same as religion. What it means is getting in touch with your higher self, your angels or guides, the Universe, and so forth. Once you do you'll find that life becomes so much better. Problems are easier to solve, you feel more awake, and you begin experiencing things you may have only read about before. This

may include talking with your angels, meeting your soul-mate at long last, finding your life purpose, or experiencing various types of psychic abilities.

Spirituality should be a natural part of your life and not a path you pursue with such gusto that it eventually becomes a burden. Something as simple as watching the sunrise or sunset can be deeply moving and spiritual. Meditating just five minutes in the morning and evening can have you reaping the same benefits as someone who forces themselves to meditate for hours. It should be enjoyable and exciting, interesting and eye-opening. Pretty soon your spirituality will be so much a part of you that it will blend seamlessly with every other area of your life. It's like standing at the top of the mountain instead of the bottom of it.

YOU CAN BE HAPPY!

After reading this book you've learned some ways in which you can pursue a life of happiness. Some of my suggestions may seem simple while others are a bit more difficult and take time to cultivate. I've accomplished every tip in this book and I know you can too! I'm walking proof though that you can go from living a life filled with frustration, poverty, depression, stress, loneliness, and low energy to one that's wildly happy and successful.

By adopting a life of simplicity, being true to yourself and others, nurturing yourself and your relationships, and pursuing your dreams and getting in touch with your spiritual side, you will be a walking example of how to be happy all the time.

Achieving ultimate happiness is not only natural, it's your right!



CONTACT ME/BOOK A READING

Whether your problems or concerns are in the areas of love, finances, family, career, health, education, or your path in life, I offer professional psychic counseling, caring guidance, and solutions that work!

I use no tools. Instead, I'll connect directly with your higher self and your spirit guides to help you through any situation and achieve the best possible results. No problem is too big or too small, and your questions will be answered in detail.

I'll let you know absolutely everything that comes through in the reading which typically includes past, present, and future energies, guidance, time frames and predictions. Your guides may also include information on an important past life, aura energy, soul symbols, and more. Each reading is in-depth, filled with positive energy and guidance, and includes one free clarification email.

All readings are done via email. By offering my readings through email you'll be able to save your reading and go back to it again and again for guidance.

I look forward to reading for you!

Check out my readings, books, blog posts, and more on my website:

DrKellyPsychic.com¹

Or email me directly at: DrKellyPsychicCounselor@gmail.com

1. <http://DrKellyPsychic.com/>

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Did you love *The Art Of Happiness*? Then you should read *Every Day Miracles - Powerful Steps to Wonderful Experiences*² by Kelly Wallace!



2. <https://books2read.com/u/4EBAlb>

3. <https://books2read.com/u/4EBAlb>

A life filled with miracles is one of incredible happiness and wonderful experiences. Once you accept that this is your natural right as a spiritual being, you'll find that the Universe works right alongside you in the miracle-making process.

From The Author

"I want you to know that miracles happen every single moment of every single day. Big miracles, small miracles, and everything in between. Honestly, they aren't as rare as you probably think they are. And you know what? You can experience miracles in your own daily life!

As a spiritual being in a human body nothing "out of the ordinary" is beyond your reach. We've only become accustomed to thinking that miracles are totally out of the realm of common experience. Why deprive yourself of something that should be completely natural?"

What Readers Are Saying:

"Real guidance and techniques that work. I've experienced several miracles already!" - Elizabeth C

"Kelly feels like a dear friend walking with you along the path and showing you how to create your very own miracles. :)" - Claire D

"Truly transformational! My life has changed so much after reading Kelly's book!!" - Annie B

Read more at psychicreadingsbydrkelly.webs.com.

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Intuitive Tarot - Learn The Tarot Instantly

One Wicked Night

Chakra Energy

Contacting Your Spirit Guides - Meeting and Working

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Energy Work - Heal, Cleanse, And Strengthen Your

Aura

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Passion And Parsecs

Two In The Bush

Become Your Higher Self

The Art Of Happiness

Creating A Charmed Life

Wrong Brother Right Lover

The Power Of Pets
Working With Your Angels
Transforming Your Money Mindset
The Love You Deserve - Working With Your Angels
Spiritual Alchemy
Wrong Brother Right Lover & Animal Magnetism
Master The Art Of: Picking Up Women, Sex & Seduction,
Dating Women (3 books in 1)
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