

How to Overcome The 7 Toxic Beliefs About Happiness...



...Which Keep You From Being Happy!

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Prologue

“Happiness is the meaning and purpose of life.
The whole aim and end of human existence”
- Aristotle

Dear Fellow Happiness Seeker, I want you to know that you are finally on the right path. It has been written and spoken a thousand times, but... “Today is TRULY the first day of the rest of your life”! Please believe that, because it is 100% true. If you truly WANT to be happy, you can be.

It is SO much easier being unhappy than being happy, but you know what they always say, right? Usually, the easy way out is the wrong way out! My goal in writing this book is to help you understand that “Happiness” is actually a choice. Yes, whether you believe it or not at this point, Happiness is a choice that you can make at any moment in your life. However, it is also something that needs to be worked on all the time. Happiness is something you create as much or more than it is ever created for you.

Now, Hold on to Your Hat!

After having said all this however, it is important to understand that **Happiness cannot be the most important thing in your life.** Happiness is always a byproduct of other things in your life. You must aim for other things in your life in order to achieve happiness.

It may sound paradoxical, but I assure you it is not. For several specific examples on this very important issue, please check out my [Help Yourself to Happiness](#) system. In the program, I provide detailed suggestions for what to focus on and what not to focus on for elevating your level of happiness on a daily basis.

[Help Yourself to Happiness System?](#)

I know it may sound absurd, but seriously, I have actually developed a system where I teach you everything there is to know about the subject of Happiness... well, all the stuff that really matters anyway. Then, I literally bribe you to follow through with it. The reason I developed my website, www.i-choose-happiness.com and later wrote this book, as well as developing my [Help Yourself to Happiness System](#), is not because I have been blessed with a propensity for happiness (although, that is actually the case). The reason is that I believe as Dennis Prager always says, “We all have a moral obligation to be as happy or at least to *act* as happy as humanly possible.” The world will be a much better place for all of us to live and share the planet when the majority of its inhabitants are in a happy state.

A Lofty Goal, You May Ask?

Perhaps trying to instill Happiness on a Global level is an ambitious task. However, I NEVER give up (and neither should you)... AND, I figure that if I end up paying people to learn about and incorporate Happiness into their lives, it will be the ultimate win-win situation! Who can argue with that?

I know, blah, blah, blah... fine, let's get on with it!

You acquired this book in order to learn how to overcome the 7 toxic beliefs about happiness, so let's get down to business. Here's to your happiness, now and forever!



Yours Truly,
Ricky Powell

<http://www.i-choose-happiness.com>

Toxic Belief #1

“If Only I Had More Money”

Okay, let's address one of the biggies right out of the gate. If I had a dollar for every time I heard someone say or write, “If I just had some more money, I would definitely be happy”, I would be independently wealthy today. As much as I hate to be the bearer of bad news, I need to let you in on a little secret. More money will NOT make you happy. Ok, before you roll your eyes, and start saying nasty things, let me make a very important distinction for you... I can just about guarantee that ANY amount of money will not make you happy. What it can do though, is make you **happy-er (happier)**!

Do you see the difference? If you are an unhappy or even a miserable person, there is no amount of money that can change that. All you would become is an unhappy or miserable person with oodles of money. The key is to discover true happiness first! Then, by accumulating more wealth, you will have the ability to fully enjoy all that life has to offer. You can see the world, live more extravagantly, do all the things you really want to do, and give back as much as you like to the causes and charities that mean the most to you.

Now, that is the definition of true wealth. Money alone means nothing. It's finding the joy in life itself that gives you a real reason to be happy about having money. Without a baseline of existing happiness, more money will only complicate your life by introducing problems that come with a much higher price tag.

Take, for example, the vast numbers of studies on Lottery winners which show that a large portion of them end up with nothing in the end. Or, the extensive number of celebrities who have either attempted or succeeded in committing Suicide. Large sums of money did not contribute to their overall happiness at all.

With that said...

If lack of money does happen to be an issue for you, or you feel like more of it would make you *happier*, I do recommend you read my [Help Yourself to Happiness System](#). I know of no other program that teaches the foundation of obtaining happiness, AND allows you to make a profit simply by sharing it with others who are looking for happiness in their lives too! And, don't worry... my system is NOT mlm and has nothing to do with getting rich quick. In fact, I have another website called, www.ShameOnMlm.com just to educate folks on that very topic and how not to get scammed. My program is in no way related to Network Marketing!

Toxic Belief #2

“If Only I Had A Great Relationship”

Have you been looking for love in all the wrong places? I'll bet you a dollar to a doughnut that you are not thinking what I am thinking when I ask you that question. So many times you may have thought, “If only I had a great relationship, I would be happy. I just don't know where to look”. My friend, it matters not whether you are married or single, divorced or widowed... the first great relationship you need to have is with you!

Before you even think of starting a relationship with someone else, you need to be comfortable in your own skin. You NEED to have found happiness within first.

Generally speaking, you will have much more to offer someone if you are coming from a place of happiness. Think about it... do you like being around moody, unhappy people? Of course you don't. So, what makes you think you are going to attract that perfect, special someone if you are walking around wearing a frown. You need to ask yourself the all important question, “Am I a joy to be around?” If the answer is no, you should really consider looking at my [Help Yourself to Happiness System](#), and learn how to answer yes today!

Toxic Belief #3

“If Only I Had A Better Job”

This belief is a bit more difficult to tackle, but it involves the same principle as the Relationship belief from Chapter 2. While it is true that a different or “Better” job may in fact make you happier, it is imperative that your life has a definite purpose. If you currently have a job that does not contribute to your happiness, you need to ask yourself if that job is simply a means to an end, or whether it is keeping you from pursuing what it is that you really want in life. A paycheck can sustain your basic needs while you discover and follow the dreams that you truly hold near and dear to your heart.

There is also the possibility that you may not want a job at all. Perhaps you would like to own your own business, work from home, or have others working for you. Those are legitimate options that you can explore in depth. I offer many resources for making money from your own home that you can consider without having to give up your current paycheck. You will find several choices listed in my [Help Yourself to Happiness System](#), where I give you the pros and cons of each choice. It is important that you are armed with the most current and correct information prior to making important decisions such as this one.

Perhaps you would like to get into the business of coaching or speaking or writing... all of these are completely legitimate, wonderful businesses. There is no reason at all why you couldn't be a success in any venture you choose. You simply have to give yourself the opportunity to succeed. Don't forget, a journey of a thousand miles begins with the first step. It is never too late!

Although I am 45 years old at the time of this writing, and have a wonderful career at a top television network, I began a whole new journey when I launched my, i-choose-happiness.com website last year. I truly love my job and derive a great deal of pride and satisfaction from it. However, as I have gotten older and gone through many of life's twists and turns, I have discovered that to be truly happy, one needs to give back. Giving back is the exact reason that I launched my website, and it's the same reason I have written this text. I want every person out there to know how important happiness is, that it is absolutely a choice to be made, and that it is already inside you just waiting to be ignited. If you don't believe that yet, or you do believe it but need help in making that choice... you know where to look! ([Click Here](#))

Toxic Belief #4

“Happy People Have Suffered Less Than I Have”

There is absolutely not one shred of truth in this belief. All of us live on the same planet, (well, most of us do... there are some who seem to be a little out there sometimes if you know what I mean!) but seriously, people who are happy have suffered just as much as those who are unhappy. In fact, I have personally known many people who have suffered far greater in this life than most people, yet still remain happy most of the time. They are much happier than others who have not even experienced great pain in their life to this point. One example is a wonderful friend of our family named, Dorothy. She is 98 years old and is one of the happiest people I have ever had the pleasure of meeting. Despite her happiness, many years ago, she suffered one of the most painful tragedies that anyone could ever face. Her own child was murdered at an ATM machine in cold blood. Friends, life doesn't really get any worse than that. Yet, Dorothy had the strength and ability to heal over time and to go on with her life without sentencing herself to a lifetime of misery and victim hood.

What is her secret? Remember, I said way back at the beginning of this book that happiness needs to be worked on constantly? It is not something that you can obtain one day and then never think about again. Just like anything worthwhile, it takes time and practice to be able to overcome unfavorable circumstances and develop an overall positive outlook in order to not take the easy way out. It is difficult to maintain feelings of happiness in the face of

adversity? Yes. Is it possible to maintain feelings of happiness in the face of hardship? Absolutely! It just takes re-training your mind and the patience and tenacity to stick with it.

Does this mean that there will never be times when you are sad? No. Is there anything wrong with that? Of course not! We all get sad from time to time. We wouldn't be human if we didn't. However, that does not mean that we have to succumb to sad feelings or thoughts and sacrifice our overall happiness in life. It may just mean a short detour to feel the feelings of pain... and then LET THEM GO! There are actually several programs created specifically to teach the process of letting go. The Sedona Method is probably one of the best and well known. In my system, I cover some of the details of the program along with other resources for getting through the pain in order to get to the eventual feelings of happiness that life is all about!

Toxic Belief #5

“Wanting To Be Happy Means I am Selfish”

Many people feel that pursuing their own happiness needs to be at the expense of others and that it is indeed a selfish pursuit. Let me just tell you, quite simply, that is just not the case.

In fact, working on your happiness is one of the most self-/less things you can do for everyone in your life. Once again, you need to think about the people you like being around. Chances are you like to be around others who are happy. Let's face it...it's no fun being trapped with someone who is constantly miserable or crabby. If you happen to be the one who is miserable or crabby, what in the world makes you think that anyone worthwhile is going to want to spend time with you, work with you, play with you or yes... marry you?!

You should want to be happy. Every good, honest person deserves to be happy. I dare say that most members of the lying, cheating, murdering crowd are NOT happy. Can you imagine how much better the world would be if every individual in it worked on creating their own happiness?

Toxic Belief #6

“I Have Lousy Genes, I Can’t Be Happy”

Not really true. Researchers say that ‘happiness genes’ can be inherited, which most likely means that ‘unhappiness genes’ can also be inherited. So, while it is possible that you may have a predisposition for unhappiness, it does not mean that these inheritances cannot be overcome. There are so many programs and medications available today, there is no reason not to get past the baggage and turn your life around.

If you are predisposed to depression, there are many resources available which can enable you to conquer those demons. Just as someone with a broken leg needs a cast to help it heal in order to walk again, or a person with a bacterial infection needs an antibiotic in order to rid the body of the intruder, so too does a person with a biological blocker to happiness, need something which will chemically adjust the brain function in order to allow feelings of happiness to be felt. While these drugs or modification programs cannot *make* you happy in and of themselves, they can unlock the blocked part of you, permitting feelings of happiness to slowly flow as you work on developing those feelings independently.

There is no reason these days, to tolerate depression and let it rule your life. Take charge now and follow the steps necessary to dissipate those feelings from your head.

Obviously, there are many times when sadness is a completely appropriate feeling. There are horrible things that happen to all of us at times. Without these occurrences, we would not be human. Sometimes bad things happen to us, and when they do, we need to take the steps necessary for overcoming them. The key is to not make yourself a victim. Own the problem, and then work through it. Remember, life is 5% what happens and 95% how you react to it.

Toxic Belief #7

“Bad Things Always Happen To Me”

Speaking of not making yourself a victim, this one is huge! It may seem like you are the only one who always gets the short end of the stick, but I assure you, there are horrible things that happen to the rich, the poor, the famous, the unknown, the sad and the happy, every single day.

No one is immune to bad things. Why do you think there is a book called, “When Bad Things Happen to Good People”? Fortunately, there is also a book called, “Why Good Things Happen to Good People”. The message is quite clear. Bad things happen. Right or wrong, good or bad... they happen to all of us.

How you choose to react, makes all the difference in the world. I just read about a lady who was diagnosed with the late stages of breast cancer. Rather than acting like a victim, she reached out to her friends and family, asking for recommendations to all the good, positive and nurturing material she could get her hands on. Even though she was about to undergo surgery, radiation and chemotherapy, she wanted to saturate her soul with as much light as possible in order to remain the proud wife and mother that she is.

In fact, one of the best examples I have ever seen for how someone reacted to the news that they were indeed terminal, was demonstrated by Professor Randy Pausch at Carnegie Melon University in his “Last Lecture”. If you haven’t seen the reprise to his now famous speech, please take a look by [clicking here](#). He is truly an inspiration to behold.

Feeling sorry for yourself will only strengthen your feelings of victim hood, and make it nearly impossible to allow even the slightest feelings of happiness to flow through you.

Epilogue

I hope that this e-book has given you some insight on how important it is to abandon any of these toxic beliefs regarding happiness that you may have had. Letting go and allowing yourself to grow into a more grateful, cheerful, and empathetic human being will do wonders for your life.

Throughout this text, you have heard me mention my [Help Yourself to Happiness System](#). What makes this program so special is that it solves the problem I have found with so many of the 'feel good', motivational and positive thinking programs that I have seen out there. Many of them do have excellent material. The problem I have found is that they can be very expensive. While we all have to make a living, I believe that certain things in life should be appropriately priced so that the largest possible audience can enjoy the important benefits of a life changing program.

One of my missions in life is to spread the information and material needed for others to incorporate happiness into their lives, as well as allow them to derive the pleasure and rewards of sharing that information with everyone they know who may benefit from it. I believe that I have created the perfect system for doing just that.

If happiness, love, health or wealth is important to you, then I urge you to read all about the benefits of my system. [Click here](#) and read about it now while it is fresh in your mind. There is absolutely no risk associated the system, yet it provides an unlimited amount of rewards.

Thanks for reading, “How to Overcome the 7 Toxic Beliefs About Happiness”. I hope you enjoyed reading it as much as I enjoyed writing it.



Yours Truly,

Ricky Powell