

CHOOSE to be happy...now!

**Six effective strategies for living a happier life.**

A special report from

THE HAPPINESS INSTITÜTE

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## Introduction

Many people over the years have claimed to have found **the secrets to happiness**. Not many of them have had any sort of formal training in the understanding of human thinking and behaviour. Yet many of these have made lots of money selling products and services which have not always proven to be of great benefit.

Before founding The Happiness Institute I spent approximately **15 years studying psychology and completing three degrees**. I've written two books and several research papers. I've treated over 1,000 individuals with common problems such as depression, anxiety, stress, insomnia and all sorts of chronic, sometimes terminal, health problems. I've also worked with numerous organisations helping them manage staff.

I can honestly say that I know what makes people distressed but just as importantly, I also learned what makes people happy.

Not many others have had the education, training and experience that I have and I'm proud to say that I'm now at the forefront of the exciting, new "positive psychology" movement.

### **What's in this special report?**

Firstly, why is this report "special"? Quite simply, this is special because **it will help you understand how damaging distress and depression can be.** It will help you fully understand the terrible consequences of not doing anything about your life if it is not as good as it can be. It will, cut straight to the chase and show you what you can do to have a better life.

***Because if you keep on doing what you've always done, you'll keep on getting what you've always got!***

Based on more than a decade's experience, and taking in to account the most up to date, contemporary scientific research, I've identified **6 key strategies that will lead to greater happiness.**

This special report describes each of these strategies and shows you what you can do to effectively apply them.

When you understand the power of these 6 strategies **and use them consistently** you'll not just be happier, but also healthier, more motivated, more focused and therefore more successful.

**Depression is the second biggest cause of disability in the world (according to the World Health Organisation).**

**1 in 4 Australians will experience depression at some stage in their lives.**

**Approximately 80% of employees are not happy in their jobs.**

Many people go through life unhappy or even miserable. At best, many put up with “okayness”, lacking direction, not achieving anything near what they could, and frequently thinking pessimistically or spending much time worrying about things that may (or may not) happen.

It is, then, no real surprise that many people reach their “twilight” years with regrets. Not many people say they wished they’d worried more, or focused more on problems. In contrast, many wish they’d spend more time focusing on the positives in their lives and getting on with making things happen (or just having fun).

**When you’re lying on your death-bed, what will you be proud of?**

**...will there be any regrets?**

**...will you have lived your life fully?**

**A wasted life is a life that's gone. There are no second chances.**

A wasted day is a day that's gone. There are no re-runs. Every one of us has 86,400 seconds every day. If we don't use them we can't save them up. Our "account" is cleaned out every night and we need to start again.

Depression really is depressing. It's a terrible, debilitating problem. It demotivates, destroys relationships and families and even increases risk of cardiovascular disease.

At its worst, depression can ruin lives. And not just for those suffering, but also for those watching, including family, friends and work colleagues.

Feelings and attitudes are contagious. Are yours worth catching?

**Cognitive behaviour therapy (CBT) is an extremely effective treatment for the majority of people suffering common problems such as depression, anxiety, stress and relationship difficulties.**

**Positive psychology has taken the best, most effective strategies from CBT and modified them so they can be applied and utilised by anyone, regardless of whether or not they're depressed.**

**The good news is that you don't have to suffer depression and you can have much more than "okayness".** Research suggests that depression and anxiety, the two most common forms of psychological distress, are treatable in by far the majority of cases. Although there are pharmacological interventions, you don't have to take drugs.

Instead, CBT teaches you strategies that you can use; and not just to overcome current difficulties but to avoid and prevent future problems.

**CBT and positive psychology help you to help yourself.**

As a result, you can not only be happier, but also healthier, clearer about what you want and what you want to achieve, more successful, and more productive.

You can also be more positive and more aware of how to fully utilise your strengths, qualities and attributes.

Ultimately, you can enjoy life much, much more...in each and every moment.

**The solution is simple.**

**Achieving happiness requires nothing more than practicing a few simple disciplines, every day.**

**The solution to living a better and happier life lies within you.** Happiness is something you choose and accordingly, it is within your reach every minute of every day.

There's no doubt now, after several decades of solid, positive psychology research, that depression can be overcome and happiness can be achieved.

And interestingly, almost all studies point towards a few key variables. Happy people tend to:

- Have clearer life goals and a sense of purpose
- Live healthier
- Think more optimistically
- Have more and better quality relationships with others
- Know and use their strengths
- Enjoy the moment

If you look at the letters underlined in the above words you might notice something special. Spell them out...

Happiness really is something you “**choose**”!



**So now it's up to you!**

I hope you've learned something from this special report. At the very least, I hope you've learned that you don't have to put up with misery, depression or even "okayness".

You can have a better life and I hope this report provides you with some motivation to take positive action; because **information and knowledge are not much use if they're not applied.**

Reading this report and then doing nothing is almost worse than not even reading it – because if you do nothing you've just wasted the last 15 minutes or so.

So please, for your own benefit and for the benefit of those who love you – **do something, now!**

If you do nothing else, then sign up for our free eNewsletter which includes happiness tips, quotes, book reviews and articles summarising the latest positive psychology research. If I do say so, **it's a great monthly read.**

Sign up at [www.thehappinessinstitute.com/subscribe](http://www.thehappinessinstitute.com/subscribe).

## THE HAPPINESS INSTITÜTE

**The Happiness Institute was established in 2003 with the specific intention of making individuals, couples, families and organisations happier.**

Based on my years of experience I've developed a range of services and products specifically designed to address the issues described above. You can find out more about our coaching services at [www.thehappinessinstitute.com/events](http://www.thehappinessinstitute.com/events) but the most relevant solution to the aforementioned issues are our unique and specially designed happiness workbooks.

These address themes such as clarifying your life goals, optimistic thinking, identifying and utilising your strengths and building happy relationships.

And we know they work. Here are some comments clients and participants have made:

*"They have really honed in on the essential elements required for finding one's happiness and the programs provide practical and effective advice on how to apply these elements...I've always come away from the sessions feeling very positive...One hour sessions that provide a lifetime of value."*

So if you'd like our help to learn the CHOOSE strategies and live a happier life, visit our website at [www.thehappinessinstitute.com](http://www.thehappinessinstitute.com) and view our "products" section.

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