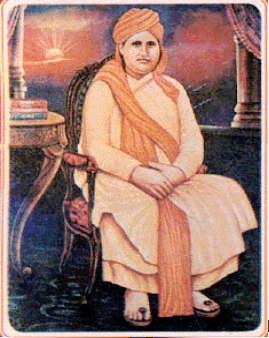
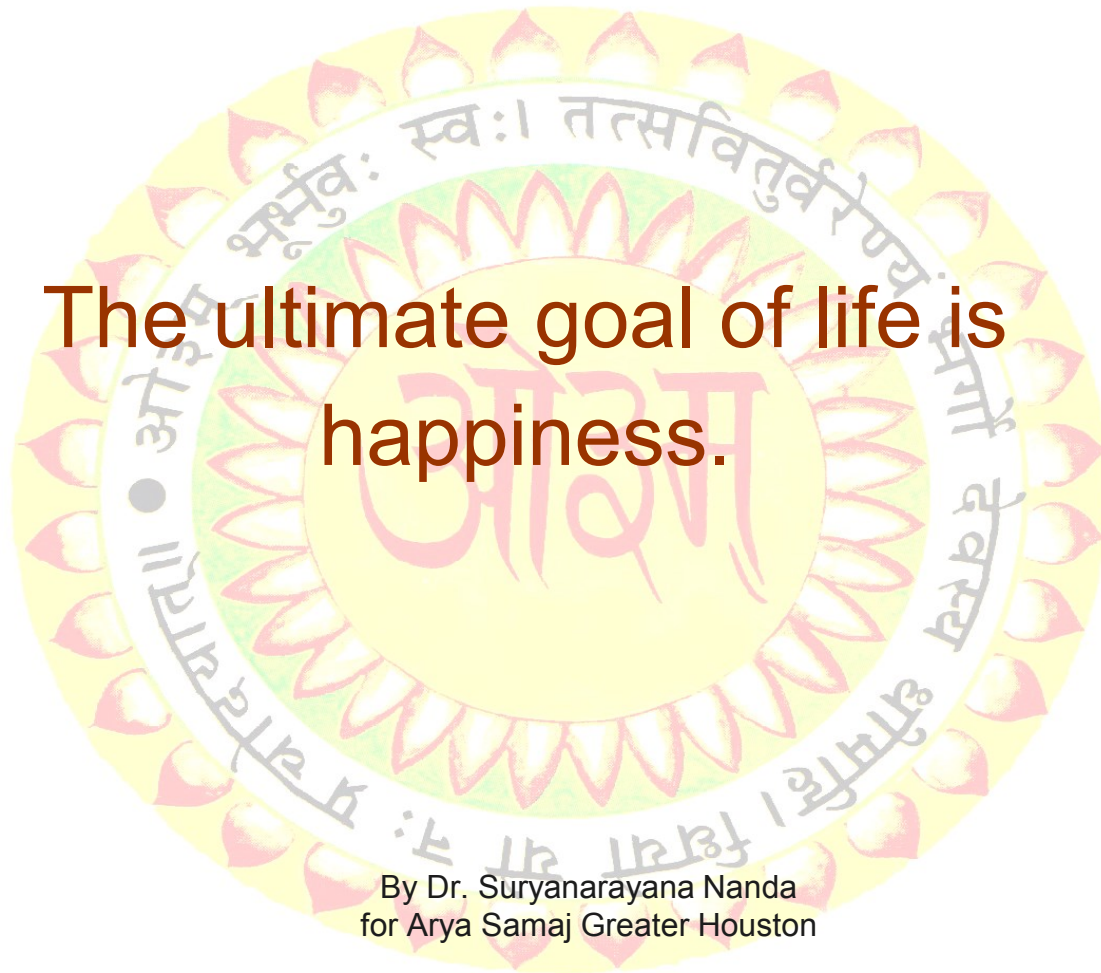


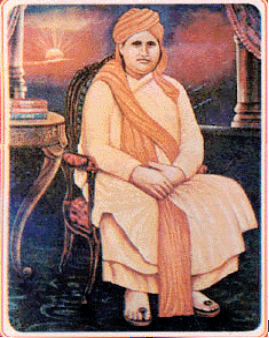


Happy Life

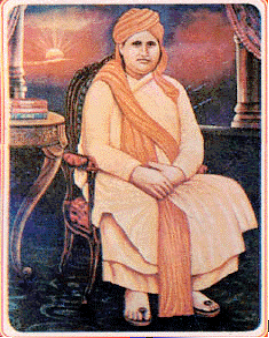


The ultimate goal of life is
happiness.





There are some things, if you give up, it will make your life a lot easier and much, much happier.

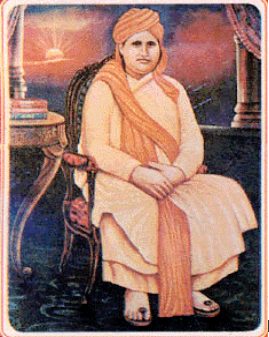


Give up your ego.



Get rid of your ego.

Your ego hates you and wants to keep you apart from other people. Don't let it.

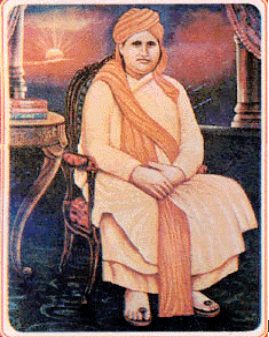


*Give up
your need to always be right.*



Many of us who can't stand the idea of being wrong – wanting to always be right – even at the risk of ending great relationships or causing a great deal of stress and pain, for us and for others.

It's just not worth it.

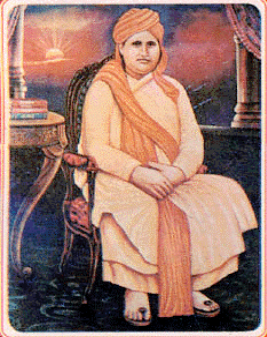


Give up your need to control.

If you find yourself trying to control other people, you've decided that you, your goals, your dreams, or even just your opinions are more important than theirs.

Controlling is short term at best, because it often requires force, or fear, or authority, or some form of pressure--none of those let you feel good about yourself.

The world is won by those who let it go. But when you try and try. The world is beyond winning.” Lao Tzu



Give up constant need to blame and complain.

Give up your constant need to complain about those many things – people, situations, events that make you unhappy, sad and depressed.

Nobody can make you unhappy, no situation can make you sad or miserable unless you allow it to.

Take responsibility when things go wrong instead of blaming others.

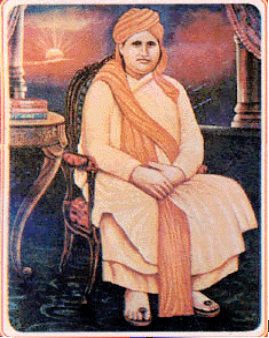


*Give up
your need to impress others.*



Stop trying so hard to be something that you're not just to make others like you.

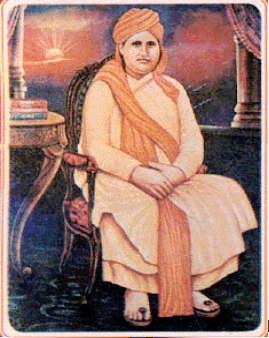
The moment you stop trying so hard to be something that you're not, the moment you take off all your masks, the moment you accept and embrace the real you, you will find people will be drawn to you, effortlessly.



*Stop
expecting them to like you.*

No matter how good you are. There will always be some people who will criticize.

Smile, ignore them, and carry on.

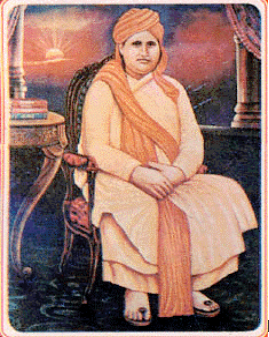


Give up attachment



Attachment comes from a place of fear, not from love. Holding on to what you think you need won't make you happier.

The moment you detach yourself from all things, you become so peaceful, so tolerant, and so serene.



*Give up
your resistance to change.*



Change is good. Change will help you make improvements in your life and also the lives of those around you.

If you fail to change the environment, change yourself to suit your environment.



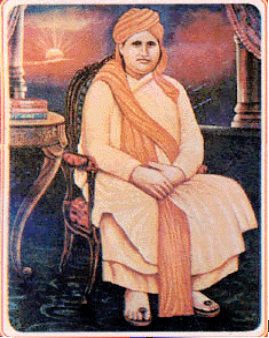
Be grateful



Being grateful can result in feeling better about your life, more enthusiasm and more willingness to help others.

Being grateful may even reduce coronary artery disease.

Take the time to write down what you're grateful each and every day.

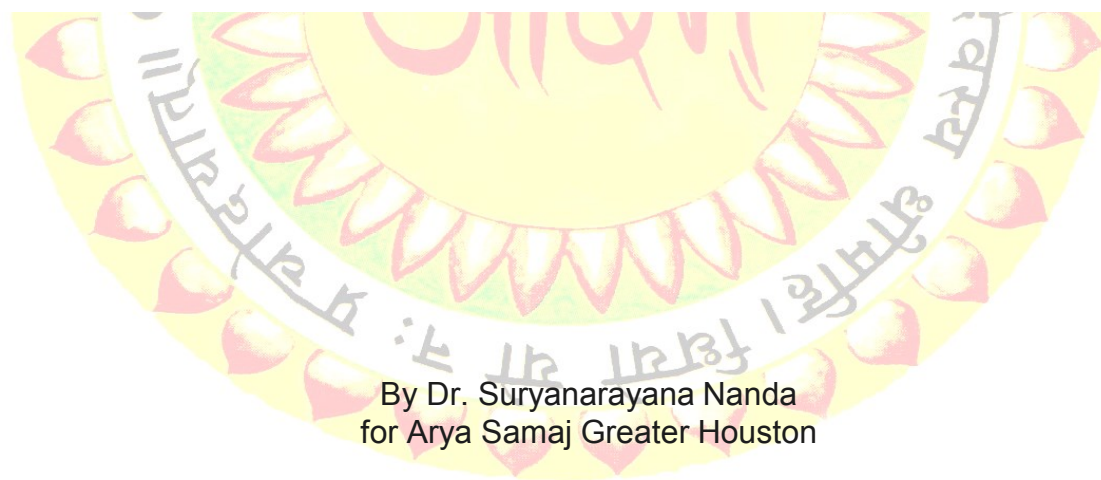


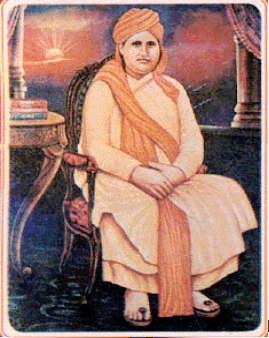
Forgive and Forget



Forgive others, not because they deserve forgiveness, but because you deserve Peace.

Holding a grudge will harm you more than the person you're holding it against.



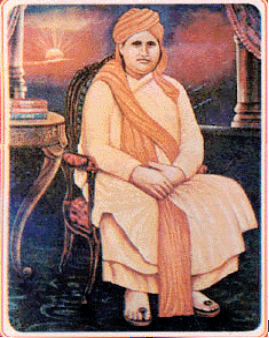


Help Others



Sometimes after we've achieved our own personal goals, we still feel empty inside.

Making a meaningful contribution to someone else's life makes us feel fulfilling and is a big potential source for our own happiness.



Meditate Regularly

Meditation calms the mind and gets rid of disturbing thoughts. This is the highest state of peace of mind.

Try and experience it yourself.

This will also increase your efficiency and you will be able to produce better results in less time.