

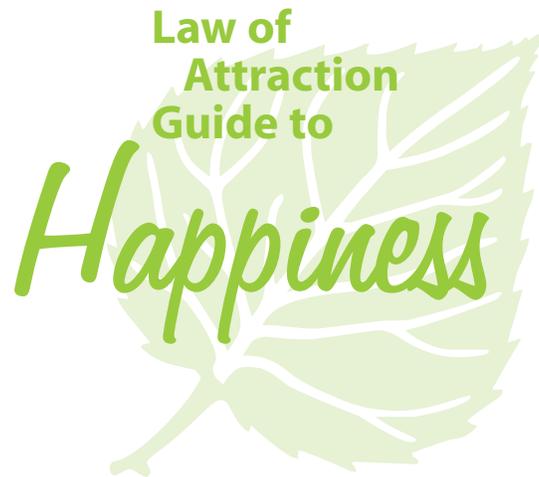
*How to  
Be  
Happy  
100%  
of the Time*



*A Special Great Living Today Bonus Report  
by Marty Marsh*

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Law of  
Attraction  
Guide to  
*Happiness*

**A**s of just a few moments ago, there are 56 million web pages on “Google” that contain the word ‘happiness’. It seems that happiness is a pretty popular and broad subject and I’m pleased to report that although my few moments of internet research also showed me that topics such as wealth, money and sex garnered many more ‘hits’ on “Google” at least the topic of ‘happiness’ is at this moment more popular than ‘American Idol’.

## Happiness: What is it?

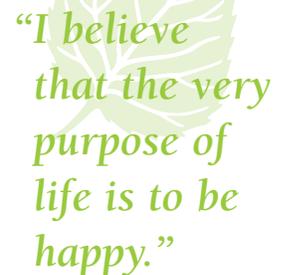
*“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”*

Aristotle

So what is happiness? Let’s start with dictionary definitions. One dictionary defines happiness as ‘A condition of supreme well-being and good spirits.’ ‘High spirits’ another one states. ‘A state of well-being characterized by emotions ranging from contentment to intense joy’ claims another. Here are some definitions I gathered from various ‘expert’ reports:

**Happiness can be defined in two ways.**

- One: **Happiness is a feeling** that accompanies sensory gratification. For example, eating chocolate or seeing a beautiful tropical sunset may leave you feeling happy in that moment.
- Two: **Happiness is a positive state of well-being** characterized by positive emotions that range from ecstatic joy, thrilling excitement, optimism, satisfaction, contentment, calmness, and resilience.



*“I believe  
that the very  
purpose of  
life is to be  
happy.”*

*The Dalai Lama*

Ramana Maharshi says, “Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.”

More than once I’ve read that it is difficult or almost impossible to objectively define happiness because it is an internal experience that is inherently subjective in nature. Just as it is difficult for us to agree on how to describe the ‘essence’ of the color green to a person blind from birth, it is difficult to nail down

an exact definition of happiness that every one agrees upon. Having said that, from a vibrational perspective, the topic of happiness is well worth exploring for those of us developing a lifestyle of *deliberate attraction*.

***You attract into your life  
what you give your energy, attention and focus to,  
whether wanted or unwanted.***

Happiness is a positive state of well-being and when we are in a state of well-being we are generating positive vibes. The Law of Attraction works to cause other energy that matches the frequency of those positive vibes to draw together, forming larger clusters or fields of energy that draw more and more of the same energy towards itself. The end result is that your state of happiness attracts more experiences of happiness to you. This special report will explore the topic of happiness and provide you with a greater understanding of happiness as well as practical steps you can take to experience more happiness in your life.

Even though happiness is completely subjective by nature, it has been researched for years and years. Scientists can't put happiness in a petri dish and look at it with a microscope but they can observe people and collect information from people who identify as being happy. Some long term studies (50 years and longer) give us great insights into what happiness is and how happiness can be attained and sustained in one's life.

***“Money can buy the husk of things but not the kernel. It brings you food but not appetite, medicine but not health, acquaintances but not friends, servants but not faithfulness, days of joy but not peace or happiness.”***

Henrik Ibsen

I know that some of you are thinking, “I don't need research and I don't need insight to feel happier; I just need more money. That's the only way I'm going to experience more happiness in my life!” You may be surprised what leading researchers have discovered! Research has observed the following:

- 1) Happy people attribute their happiness to a lifestyle of engaging with others more often through love or friendship or involvement in their community.
- 2) Happiness is derived from feeling a sense of influence at work.
- 3) Happiness is derived from having a sense of meaning in life, such as using one's gifts and talents and personal strengths towards a greater purpose.
- 4) As long as a person has a safe neighborhood to live in and adequate food, the potential for happiness is unlimited.



***“The grand essentials of happiness are: something to do, something to love, and something to hope for.”***

Allan K. Chalmers

- 5) Enhanced happiness can be learned, practiced, mastered and incorporated into anyone's daily life.
- 6) People who practice altruism experience greater happiness.

Happiness is the ultimate purpose of life. It is the driving force behind all of our desires. Happiness is determined by the thoughts we choose to think and how we react to the circumstances we find ourselves in.

Happiness depends on how we approach life and the people around us. Happiness isn't something to be found in the external world we live in. Happiness is a choice. Happiness is an inner state of being that we create on a daily basis. Our attitude dictates our success at being happy. True happiness is not about getting what we want. True happiness expands by giving gratitude for what we have in this moment.

*“Perfect happiness is the absence of the striving for happiness.”*

Chuang Tsu

Many people go through life believing that if they only had more *cash* wealth they would feel more happiness. According to recent research, that's not the case at all. International studies have consistently shown that happiness is not related to wealth. A study in the U.K. asked participants to list 10 simple pleasures that brought them happiness. Money didn't even make it into the top ten! The majority of people listed spending time with loved ones at the top of their list. Next was receiving an unexpected call from a friend. Finding unexpected money like a few coins found between the sofa cushions rated higher than winning large lottery prizes.

*Studies of winners of huge lotteries consistently found that the majority of winners claimed that one year after cashing in their winning ticket, they were not significantly happier than they were before winning.*

The U.K. study showed that hearing an old song, cheering a favorite team to a come-from-behind victory, playing with a pet and looking up to a bright, blue sky all made the top 10 list of simple pleasures that make big differences in how happy people feel.

*“True happiness is...to enjoy the present, without anxious dependence upon the future.”*

Seneca

Believing that something needs to change in your life in order for you to be happier is like waiting in a queue that never moves. Your life goes by you while you endlessly wait.



*“If a man is unhappy, remember that unhappiness is his own fault, for God made all men to be happy.”*

Epictetus

Can you spot a happy person? Are you a happy person? Although we are all unique, there are some predominant traits that the majority of happy people have.

- Happy people work better with others because they are easy to be with and consequently have more successful relationships at work.
- Happy people are more creative. Professor Teresa Amabile, the Edsel Ford Professor of Business Administration at Harvard Business School says, “If people are in a good mood on a given day, they’re more likely to have creative ideas that day, as well as the next day, even if we take into account their mood the next day. There seems to be a cognitive process that gets set up when people are feeling good that leads to more flexible, fluent, and original thinking, and there’s actually a carryover, an incubation effect, to the next day.”
- Happy people are more eager to fix problems instead of complaining about them.
- Happy people are more energetic and therefore more efficient and productive.
- Happy people are optimistic. They are hopeful people who expect to succeed when they try something new.
- Happy people are motivated to self-select jobs that they are happy to do. Sustainable, reliable productivity goes way up when you are happy and like what you are doing at work.
- Happy people experience less anxiety about making mistakes. The occasional mistake doesn’t derail their confidence.
- Happy people stay more relaxed and therefore, they are able to make good, well thought out decisions.
- Happy people have higher self-esteem and confidence in themselves. They operate from a solid sense of self-worth.
- Happy people have more resilience to make it through tough situations because they have a firm belief in their own competence.
- Happy people are intentional people. Their actions are dictated by the belief that they are in control of what happens to them in life. They are successful master designers of their lives.
- Happy people help out more causes they deem as worthwhile for making a difference in the world. They believe they are exerting a positive influence in the world on a larger scale.
- Happy people forge strong bonds with their friends. They are a pleasure to be around and therefore enjoy strong social support.
- As happy people age, they tend to be cheerful and easy to be around because they are confident others will like them.
- As happy people age they engage in rewarding social activities that give them affection and social support. This social support provides them with many important resources as they continue to age.

## Happiness is linked to health and longevity.

Happy people get sick less often and when they are sick, they have less severe symptoms and get better faster. Researchers at Carnegie Mellon University in Pittsburgh studied people who report a high degree of happiness in their lives showed more resistance to flu and other viral infections. Professor Andrew Steptoe at University College in London, reports that happier people have greater protection against things like heart disease and stroke.

Another study examined the diaries of the sisters of Notre Dame. Scientists counted the number of times the nuns used positive and negative words from as far back as the 1930's when they first joined the convent. Based on these totals, they divided the nuns into two groups; the *happy* nuns and the *less happy* nuns. The nuns' way of life had excellent scientific *controls* built right into their lifestyle. They ate the same food, did the same work and followed the same routine from the time they joined the convent. Their longevity however, was significantly affected by their degree of happiness. On average, the *less happy* nuns died 9 years earlier than the *happy* nuns. This significant finding continues to motivate scientists around the world to continue to discover the specific measurable physiological affects that happiness and unhappiness have on the human body.

## Are some people naturally happier?

Athletics comes naturally and easily to some people, as does singing, organizing and all kinds of other skills and abilities. It's the same with happiness! But that doesn't negate the possibility that all of us can learn to expand our happiness. There are practical steps we can learn and practice to experience more happiness in our lives. I wasn't born knowing how to drive a car, but I decided to learn because I believed it would have positive affects on my quality of life. I learned the skills and then I practiced over and over again until driving came easily to me. It's the same thing with happiness. If you want more happiness in your life, you can learn and then practice until being happy comes easily to you.

## Expanding your happiness.

The first step to expanding your happiness is to realize that happiness is ultimately about interpretation and choice. Happiness is a state of being more than a way of feeling in any one moment. You don't discover happiness, you make happiness. It is a function of your inner self, not a product of the external world around you. Regardless of any outward situation you are experiencing, you are always at choice to inherently be happy or unhappy.

Let's take a closer look at the lifestyle of happy people and use our discoveries to expand our own inner happiness.

### Lifestyle traits of happy people:

- a. Happy people live healthy lifestyles. I'll provide you with more in-depth practical steps on this topic a little further on in this report.
- b. Happy people have taken the time to clarify who they are and what goals they want to achieve. In other words, they are intentional people. They cite specific goals and then take the time to form each intention that will lead them step by step towards accomplishing a goal.

- c. Happy people focus on their strengths. They have discovered what they are good at and find ways to do what they are good at more often. In other words, they do what they are good at more often because that makes them feel good more often.
- d. Happy people make the time to nurture key relationships because they know that the time they are investing will glean positive benefits for the good of everyone involved.
- e. Happy people practice controlling their thoughts on a daily basis. Whether or not they “speak the language” of the Law of Attraction they understand that their thoughts, both positive and negative, powerfully influence their lives. They intentionally focus on positive elements of situations and circumstances and believe in positive outcomes to challenging situations.
- f. Happy people understand that happiness can only be experienced in the NOW. They know that happiness is not based on something they will achieve in the future based on getting something or reaching a goal, or becoming richer or wiser. Happy people are present and living in the here and now.
- g. Happy people plan for the future *but don't worry about the future.*
- h. Happy people plan for the future but spend their time enjoying the present moment.
- i. Happy people are more grateful and often they notice and appreciate the little things in life that others completely miss.

### Intentional happiness.

*“If you look carefully you will see that there is one thing and only one thing that causes unhappiness. The name of the thing is attachment. What is attachment? An emotional state of clinging caused by the belief that without some particular thing or some person you cannot be happy. Again and again we need to let go.”*

Anthony de Mello

Inward happiness is an attitude, a mindset, and a habitual way of managing your thoughts. Intentions are powerful forces. What would it feel like to begin each day with the intention that you will automatically, deeply and profoundly be happy regardless of what unfolds? What would it feel like to simply state the intention that on a scale of 1–10, each day, through your intentional mindset, will unfold to a ‘10’ that you simply accept and believe? Sure our lives all have ups and downs but when you are not dependent on external circumstances to bring you happiness you can observe the ebb and flow of life unfolding and still choose to be happy. By intending to be happy, you refocus your energy instead of using up large amounts of it seeking happiness from external people, places and things.

*“The first step in seeking happiness is learning. We first have to learn how negative emotions and behaviors are harmful to us and how positive emotions are helpful...Happiness is a state of mind, so the real source of happiness must lie within the mind, not in external conditions.”*

The Dalai Lama

## Practical tips to expand your happiness.

### Eat right

Happiness is an inward state, however, we are physiological beings and there are ways to influence our bodies so as to positively affect our minds. Happy people have lots of 'happy' neurotransmitters in their brains. Scientists are now able to measure elevated levels of certain 'happy' neurotransmitters in test subjects who are feeling happy. Foods such as poultry, sardines, salmon, fresh tuna, nuts and seeds raise levels of serotonin in our brains which elevate our sense of happiness. Turkey and chicken contain large amounts of tryptophan, which is an amino acid that is converted into serotonin. Carbohydrates also raise levels of tryptophan in our brains. To expand your brain's capacity for happiness, stock up on turkey, chicken, fish, nuts, seeds and complex carbohydrates.

### Exercise daily

Happy people exercise more than unhappy people and reap the benefits of endorphins that are produced from aerobic activities. Happy people choose activities that cause them to sweat 30-40 minutes three times a week or more.

### Make plans to do things that make you happy

Make happiness a priority. Manage your time to schedule daily activities that make you feel happy.

### Focus on feeling happy

Spend 5 minutes a day imagining yourself being wildly happy. Happiness is a feeling and any feeling can be duplicated by simply imagining yourself in different scenarios. Think back to a situation that filled you with happiness and delve into that feeling, allowing it to rise up in your body. Let the emotion of happiness expand inside of you as you revisit this memory. Your feelings dictate your vibration and 5 short minutes of generating a positive vibration will attract more happiness into your life.

### Take the time to feel

Live in the present moment. *Live in the now.* Stop yourself from rushing on towards the next goal in your day. Simply sit back, take a deep breath and allow yourself to feel happy in this very moment.

### Intending

An effective way to become happier is to stop, sit back, breathe, quiet your mind, feel yourself in this moment and simply state the intention to become happier. "I am in the process of intending to become a much happier person."



*“Now and then it’s good to pause in our pursuit of happiness and just be happy!”*

*Guillaume Apollinaire*

### **Control your thoughts**

You attract what you give your attention, energy and focus to! Happiness is a mindset—a choice of attitude. Anytime you find yourself thinking unpleasant thoughts, stop! Find something pleasant and positive to focus your mind on. When your thoughts change from negative to positive, so do your vibrations. Remember, you get what you vibrate.

### **Invest time in your key relationships**

Happy people engage in positive socializing more often. Make this a priority. Plan your time wisely so you can commit yourself to nurturing the relationships that are important to you.

### **Create play-time more often**

Play-time is time well invested. Everyone needs to have fun and nothing should come between you and your play-time. If your present weekly schedule is too full to allow a weekly play-time, then commit yourself to making changes in the way you organize and prioritize your time. Being happy is a way of life and you control the way you spend your time. Life only exists in the NOW, so don't wait for vacation time; plan weekly play-time and revel in the happiness it produces.

### **Do a job you love**

If you are compromising by staying in a job you hate as a means to an end, waiting and believing that some good will come of it one fine day—stop. Find a job counselor or personal coach to help you find a job you enjoy doing. Waiting for something to change in order to be happy is waiting to start living your life. NOW is all that counts. Your life is too precious to spend it waiting. Happiness is something you create daily, not something you wait for. Find a way to earn a living doing something you enjoy and you will have found a way to a happier life.

### **Give**

Scientists have discovered that altruism and happiness are inextricably linked. Happy people give more often and feel invigorated for a time period after they give. Expand your giving to expand your happiness!

### **Give Gratitude**

Happy people are grateful for what they have. Happy people notice the small things in life and delight in their capacity to feel grateful in the NOW. Expand your happiness by keeping a Gratitude Journal or using Gratitude Beads to express your gratitude on a daily basis. Your ability to feel grateful is the most powerful way to transform yourself into a happier person.

**Being happy attracts more happiness into your life.** A happy person manages their thoughts to create and sustain an inward state of being happy. At *Great Living Today* we understand the value of happiness. We are here to help you learn how to apply the Law of Attraction to your day-to-day life so you can expand your state of happiness and experience great living today and every day. We offer a variety of teleclasses, free resources, and many programs to help you on your journey toward happiness and your greatest expression of life.

You can visit us on the web at: <http://www.GreatLivingToday.com>

# Thank You!

Dear Fellow Spiritual Seeker,

One thing I know for sure is that life is supposed to be fun and full of joy. But life can't be fun if you're continually plagued by self-doubt or have problems and challenges that seem to always get in your way and keep you from being the vibrant human being you want to be.

I've found that being in a continual state of happiness works wonders for my overall disposition and affects my mood which in turn affects my feelings which in turn attracts more happiness into my life. All of my relationships are better, too, and people treat me better, as well.

I'm very grateful that you found this ebooklet and hope that it has given you some good food for thought about happiness and how much better your life can be. And if this has been your first exposure to the idea of The Law of Attraction, then I encourage you to further your studies and learn more at my website:  
<http://www.GreatLivingToday.com>.

Hi! I'm Marty  
and I'm pleased  
to meet you!

A few years ago, when I realized just how powerful this Law of Attraction really is, it became my mission to teach as many people as I can reach that whatever we give our attention, energy and focus to, we get more of the same. It is my mission to reach as many people as I can who are ready to hear that truth and embrace it as a new paradigm in creating the greatest life possible and to spread that word throughout the entire planet.

I can't do that job alone, so I'm asking you today to pass this ebooklet along — after you have read it, absorbed it and made a commitment to being happy no matter what — to someone you care about so that they, too, may know the joys of living a great life. Together, we can change for the better, the consciousness of the entire planet.

You have my best wishes for much joy, laughter and blessings,

*Marty Marsh*



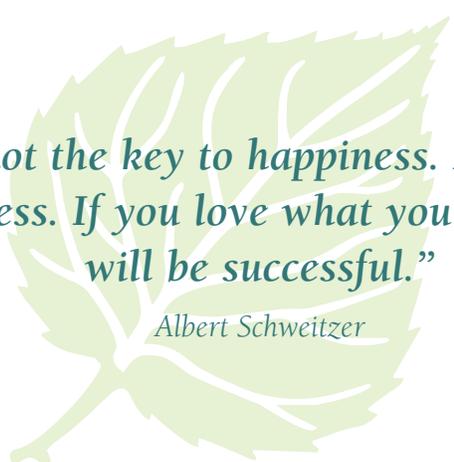


This is not the end, it is only the beginning.

The beginning of your greatest life.

Visit the Great Living Today website to find free resources and to learn more about the Law of Attraction programs being offered:

[www.GreatLivingToday.com](http://www.GreatLivingToday.com)



*“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.”*

*Albert Schweitzer*