

**Seven Surprising Ways  
To Be  
Happier  
Than Ever**



## About This Book

This book is a gift from the heart from me to you. My deepest wish is that anything you read here lead you to a happier life. Please share this book with everyone you love!

My one request is to honor the copyright which means:

1. Keep the content as written when you share it.
2. If you post content of this book online, including the images, first request permission which I will gladly give you if you contact me at [miriam@happierthenever.com](mailto:miriam@happierthenever.com) and provide attribution with the post.

Welcome to <http://happierthenever.com/> and wishing you a lifetime of happiness and wonderful adventures!

## About The Author

[Seven Surprising Ways To Be Happier Than Ever](#) is a labor of love for [Miriam Kubicek](#) who retired from her first career in marketing and is happier than ever in the second part of her life. Inspired by her late father who enjoyed every day as if it were his last, she shares what she's learned about:

- **Positive Affirmations**
- **Meditation**
- **Creative Visualization**
- **Using the Power of Your Mind**
- **Clearing Limiting Beliefs**
- **The Miracles in Your Daily Life**

# Seven Surprising Ways to Be Happier Than Ever

## Table of Contents

<b>About This Book .....</b>	<b>2</b>
<b>About The Author.....</b>	<b>2</b>
<b>Table of Contents.....</b>	<b>3</b>
<b>Habits of Happy People.....</b>	<b>4</b>
<b>Play Affirmation Games.....</b>	<b>10</b>
<b>Meditation Makes You Happy.....</b>	<b>12</b>
<b>How to Get Started in Meditation.....</b>	<b>14</b>
<b>Solving Problems With a Glass of Water .....</b>	<b>15</b>
<b>Pink Bubble Visualization.....</b>	<b>18</b>
<b>Replace A Bad Habit With a Good Habit .....</b>	<b>20</b>
<b>EFT Tapping and Happiness .....</b>	<b>23</b>

# The Habits of Happy People



It's the [habits of happy people](#) that make them different from the rest of us.

- **Were they born under a lucky star?**
- **Are they richer, smarter or better-looking?**
- **Do they know something the rest of us don't?**
- **Or can we do what they do and be just as happy?**

Yes, we can do it, too! I've studied the habits of happy people and discovered that they deal with life differently than folks who let the ups and downs of life get them down...and keep them down.

What I **won't do** is give you a list like:

- **7 things you must do now**
- **15 things you must practice every day**
- **21 – yikes!!! - new chores to do before you are happy**

I won't bamboozle you with buzzwords, either.

It's not an ancient secret so I won't pretend it is! This power to create your own happiness is always within you and something no one can take away.

And it's not a 30-day program. Best of all, the tools you need are FREE and right here in this short book. Please feel free to share it, too!

Just please respect my copyright and pass it on unaltered or contact me at [miriam@happierthanever.com](mailto:miriam@happierthanever.com) if you want to use the material or images in your own work.

# Happiness is Your Decision

First, let's define happiness.

Happiness is a pleasant state of being that we can only experience **right now, in the present**. It's the way we look at the world and interpret everything that happens to us, no matter what is going on around us.



What does living in the present mean? It means enjoying what is happening as it is happening.

Is it a sunny day or a snow day when you can cuddle up with a good book? You can enjoy that right now even if you lost your job, your house is mess, the car is acting up and your marriage is crumbling.

The past, whether good or bad, doesn't exist unless you literally re-create it by recalling it into the present. This is what happens to your inner state when you torment yourself with regret, blame yourself or others and generally feel sorry for yourself. That stuff isn't happening NOW!

Nor can you be happy in the future. When the future arrives it is NOW!

You can't "wait to live" when you get that new job, pay off your bills or your spouse magically becomes loving and attentive.

When you tell yourself you will be happy "someday" you almost guarantee that you cannot be happy right now because when "someday" comes it is NOW. You're programmed yourself with daily affirmations that NOW is not a time when you will be happy!

Feeling unhappy typically involves:

- 1. Anger or disappointment at something that has already happened or we fear will**
- 2. Frustration that we don't have what we want – a spouse, fit body, enough money**
- 3. A problem to which we do not yet know the solution.**

Yet at any moment, you can say to yourself: **"I choose to feel happy right now."**

You know the type of negative thoughts that can be your constant companion?

**You can't NOT think about them BUT you can REPLACE them with  
"I choose to feel good right now."**

**My own favorite "course correction" is:  
"All my thoughts serve me and humanity."**

**This does not leave any room for mood killers like:**

- Feeling sorry for myself**
- Brooding on anything I've lost**
- Failings of people no longer in my life**
- Feeling overwhelmed by work ahead of me**

# Happiness Begins with Gratitude

There must be an easier way to happiness than patrolling my negative thoughts!

Yes, there is, and you can start right now. Just thank God, nature, the universe, the weather, good luck and real people in your life for all good things, large and small.

Even your problems and sorrows are often blessings undercover for what you learned from them.

Gratitude is the gift that keeps on giving. It's a platitude but true – count your blessings and you'll be astonished how many there are. Grateful people are typically given more for which to be grateful!

**Gratitude is the key to knowing what we have left, not anything we may have lost.**

## The Gratitude Poem:

I am so grateful, yes I am!  
And I am grateful that I am!  
I am grateful in a boat!  
I'd be grateful for a goat...  
And I am grateful in the rain.  
And in the dark. And on a train.  
And in a car. And in a tree.  
I love this gratitude, you see!  
I will be grateful in a box.  
And I'll be grateful for a fox.  
And I'll be grateful in a house.  
And I'll be grateful for a mouse.  
And I'll be grateful here and there.  
Say! I'll be grateful ANYWHERE!  
I do so like this gratitude!  
Thank you! Thank you, Yes-I-am!

# **Recipe for Misery:**

## **Compare Yourself To Others**

- **Happy people measure their lives by their own standards.**
- **Comparing yourself to others is a guarantee of self-torture and misery.**
- **Almost worse is living your life by standards imposed by parents (typically), marriage partners, “friends” or fantasy role models created by advertisers to separate you from your money.**
- **Those other people may well be completely miserable, no matter what their material blessings, good looks, social positions or seemingly happy families.**
- **The odds are very good that the people you envy may even be comparing themselves to you!**

It's much wiser to model yourself on mentors and role models of high character and spiritual development. You can't control your material circumstances but you can control your heart and mind.

## **Pain is Temporary but Happiness is Forever**



- **Your present circumstances, whether good or bad, are not permanent.**
- **Your happiness is a state of mind and not dependent on anything outside you.**
- **Even in times of loss of loved ones, financial hardship and sickness, remember that pain is inevitable but suffering is optional.**
- **You get to decide when it has served you enough and can end.**





**These habits are simple but the reward is your happiness!**

**Concentrate on the present  
Compare yourself only to saints  
Be grateful  
Remember that present woes are temporary.**

# Play Affirmation Games

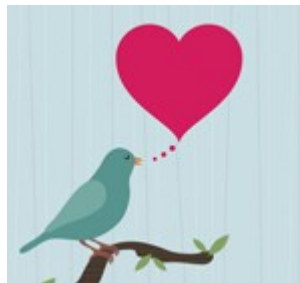
Remember when we were talking about “I’ll be happy when I lose ten pounds” or whatever the reason for not being happy NOW? This is an example of an affirmation and a very powerful one. You aren’t happy and you probably never lose the ten pounds because it’s so tied up with something you think you can’t have.

You can see that everyone uses affirmations, **even if unintentionally** as in the above example. You’ve already learned to outsmart your negative beliefs by **Choosing To Feel Good Now** or remind yourself **All My Thoughts Serve Me and Humanity**.

**Now we’re going to actively use affirmations to make you happy!**

**Affirmations are most effective when:**

- **They capture your own heart’s desires**
- **They are melded into your life in pleasant and unavoidable ways**



And here’s how to do just that and play [affirmation games](#) along with me.

Since we all use computers and have to remember 1001 logins and cryptic passwords anyway, this is the perfect way to give yourself lots of loving reinforcement.

Instead of using your name as a username, how about “beautifullady” or “princecharming”?

For bank sites, I like ones like "marysmillions" and "treasurechest."

### **Passwords are even more fun!**

For email passwords, experiment with ones like:

**everyonelovesyou**

**dropdeadgorgeous**

**iloveyou**

At work I like:

**nextdepartmenthead**

**bigraisecoming**

**promotionnextweek**

Dating sites, social media, wow, you can really have fun with those logins and passwords! And having fun makes you happy, too!

The affirmations that are meaningful and positive TO YOU need to be front and center in your life. You can record them and use them in many ways to reinforce what you want to hear:

- **Add them to your music shuffle list**
- **Make up your voice mail message**
- **Make another your ring tone**
- **Have your own voice saying an affirmation wake you each day**

Just do surround yourself with encouragement. We can be our own mothers, fathers, mentors and friends no matter where we are starting. And the more "full" we get with positive energy, the more we can share with everyone around us. Win, win!

I challenge YOU to find new ways to lift your heart by working affirmations into every part of life. Send yourself little emails of encouragement. Mail yourself notes. And spread that love around, too!



**Meditation is an ancient secret to true happiness**

## **Meditation Makes You Happy**

**Meditation** is an ancient practice, long associated with inner peace and happiness. Combined with prayer, it is recommended by most religions.

Yet *meditation* is still unfamiliar in western countries. A [2007 survey about meditation by the National Institute of Health](#) found that less than 10% of the US populations had practiced it in the previous year. While up from 7.6% in the 2002, it's still a small part of daily life for most Americans.

## **The Many Benefits of Meditation**

Being new to meditation myself, I was astonished at my enhanced feeling of well-being and new ability to change behaviors that no longer served me. From somewhere deep inside, meditation has unlocked:

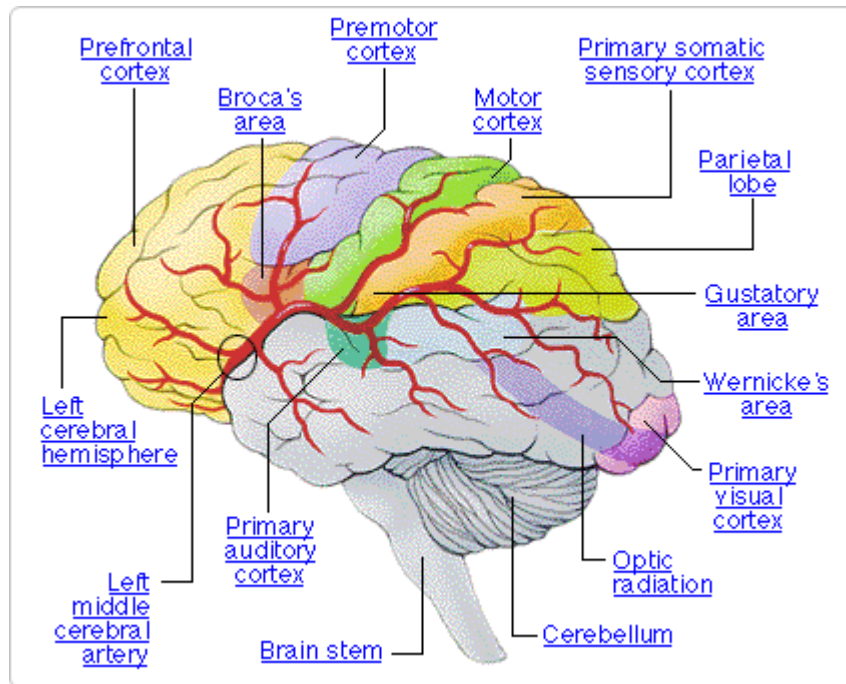
- **Improved health**
- **Problem-solving skills**
- **Creativity**
- **Better sleep and better dreams**
- **Enhanced compassion for others**

I was born a temperamentally happy person yet this new tool has enabled me to quickly process upsets and setbacks and return to my sunny self. This relaxed consciousness has become a blessed sanctuary I look forward to visiting every day.

## **Brain Science Tells Us Why Meditation Makes You Happy**

Armed with modern tools for imaging the very workings of our brains, neurologists have discovered that meditation changes the physical structure of our brains. Why is this important? Because both feelings of well-being and unpleasant ones like anxiety originate in specific locations in our heads.

In a [controlled study of meditation](#) reported in January 2011, scientists report that just 30 minutes of meditation a day for eight weeks produced measurable increases in what fictional detective Hercule Poirot called “little gray cells” in the parts of the brain related to memory, sense of self and empathy. There were corresponding decreases in the amygdala center that reflexively controls most of what we do and say. Not surprisingly, anxiety and stress originate in our “reptile brain” as an ancient survival mechanism to real or imagined threats.



**MRI scans show that meditation can increase your "little gray cells" in parts of the brain related to well-being, learning, memory and compassion**

## **What Does This Mean in Real Life?**

What does this mean in real life? Science shows that **you can change your brain** by external actions that **can be taught and practiced!**

And how can changing my brain make me happy? Things Like:

- **Improved Memory and Learning Skills**
- **Increased Compassion and Ability to Get Along With Others**
- **Reduced Anxiety**

Meditation makes you feel more in control by improving your memory and learning skills. It makes you more compassionate by increasing those cells related to empathy. It makes you nicer to be around!

And meditation can reduce or even set you free from “lizard brain” hijacks to what are often imagined threats that cause anxiety and stress, especially the free-floating type that fills your harried days and

sleepless nights with a vague sense of malaise. Your inner sanctuary is always there, welcoming you to a serene space where your worries are put in perspective, neutralized or even transformed into creative solutions.

Practitioners of meditation have always known it made them happy. Now modern science has shown us exactly why meditation makes you happier. I predict in the not-too-distance future, doctors will forgo prescriptions for antidepressants and Xanax and teach meditation instead!

## How to Get Started in Meditation

Want to know more about meditation? There are endless resources but the one that worked for me is the [Silva Life Systems](#) program.

Created by Jose Silva beginning in the 1960's and since used by over 6 million people worldwide, it includes simple ways to reach the alpha and theta states even if you only have five minutes at a time.

Once there, you can “program” your subconscious to do simple things like wake up without an alarm clock, solve every day problems, replace bad habits with good ones and improve your health.

The Silva Life Systems starter program is entirely free, including the famous centering exercise, visualization tools and much more. Yes, there is a formal course, too, but the free program has everything you need to claim for yourself the many benefits of meditation.

[Claim your free starter program right here.](#)



# Solving Problems With A Glass of Water



Life sometimes seems like an endless parade of problems but in a larger sense, there are no problems, only solutions we don't know about yet. And the Silva program has provided a clever tool to program your subconscious to find those solutions while you sleep.

I'm still astonished myself but, yes, you can *solve problems with a glass of water*. It's the simplest visualization technique I've found and works like magic for solving work and personal problems.

## How To Solve Problems with a Glass of Water

What problems can you solve with a glass of water? Choose something you've been working on without success as yet. Examples of ones I've solved this way:

- **Technical challenges creating my website**
- **Ad copy that bombed**
- **Inability to create a video**
- **Inability to upload the video to Youtube**
- **Inability to upload the video to this eBook (ha, if it's here you'll know I drank water tonight before bed!!!)**
- **Finding "lost" objects**
- **Clarifying personal situations**

## You Can Solve Problems with a Glass of Water



Now imagine how **you** can [solve problems with a glass of water!](#) There are so many possibilities:

- **What should I write my term paper on?**
- **Why is my car making that scary noise?**
- **What can I say to get a date with that cute girl?**
- **How do I remember the new vocabulary words for my Spanish test?**
- **How do I get meet my deadline at work?**

When you solve problems with a glass of water, choose something you know you CAN do but haven't because you've hit a roadblock. As your skills and confidence in the technique improve, you can move on to major matters like a new career.

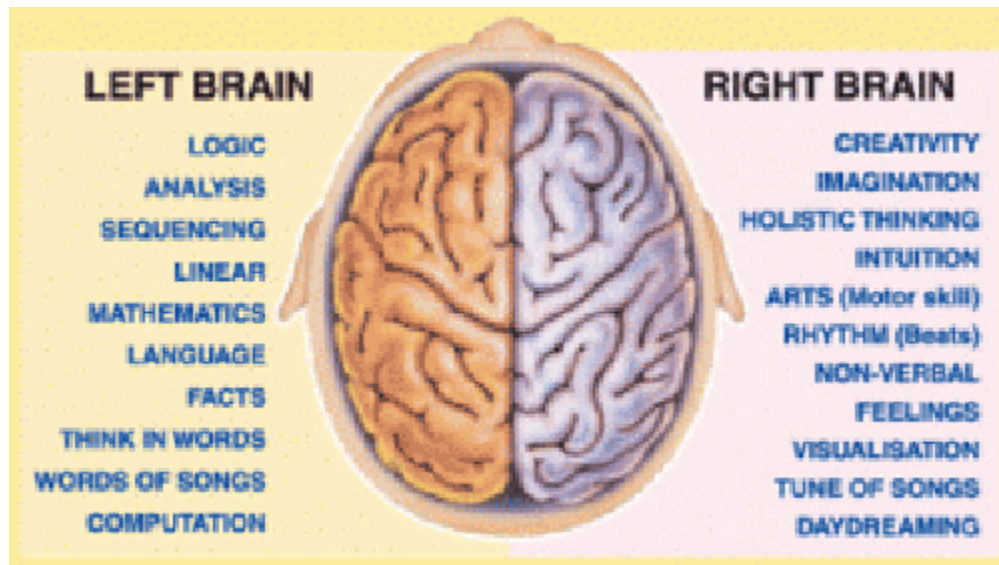
Pour water into a small glass of actual glass just before bed. Then visualize your problem, hold the glass in both hands, close your eyes and look upward to the spot between your eyes (your "third eye").

Drink half the water while you think, "This is all that is needed to find a solution to my problem."

Go to bed as usual, confident that you can solve problems. When you awake, drink the rest of the water, also with closed eyes and thinking, "This is all that is needed to find a solution."

This technique has worked for me every time I've tried it. By the end of the following day, the situation had resolved in a way I hadn't tried before. I often find I wake up in the morning knowing what to do without even drinking the rest of the water!





### **The right side of your brain solves problems while you sleep**

The subliminal programming allowed my mind to unlock knowledge I didn't realize I had read or to make new connections. Sleep is a very active time in alpha, delta and theta states when the right side of your brain takes over and creates whatever you need in your waking beta state. You will feel new power in your life knowing you can effortlessly solve problems with a glass of water.

Just be specific about your problem. The video I mentioned above took me **two days** and **two glasses** of water because I thought my "problem" was making the video when actually I wanted to [post it on Youtube](#) which was another matter entirely!

Go ahead and try unlocking the power of your unconscious mind to [solve problems with a glass of water](#). This comes from [Silva Life Systems](#).

The Silva Life Systems starter program is entirely free, including the famous centering exercise, visualization tools and much more. Yes, there is a formal course, too, but the free program has everything you need to claim for yourself the many benefits of meditation, visualizing and problem solving..

[Claim Your Free Starter Program Right Here.](#)

# Pink Bubble Visualization



Welcome to [pink bubble visualization](#), a fun and easy technique for visualizing and manifesting what you most want. Visualization is exactly that – creating what you want in your relaxed consciousness so the universe can allow it to come into being.

It's easy and fun to get started. My favorite is [pink bubble visualization](#), in which you create a vision, surround it with an imaginary pink bubble of love and send it off into the universe to be created for you.



## **Create a Vision In Your Mind**

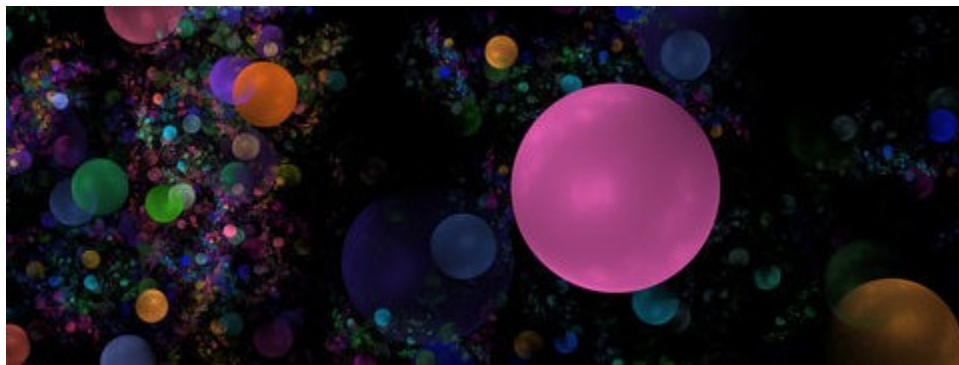
Make yourself comfortable, preferably lying down and relax as completely as possible. Take several deep slow breaths. Feel your heart slowing down and tight muscles unwinding. Then count out loud very slowly backwards from ten to one.

Then create a vision, as if in a photograph, of yourself enjoying your heart's desire.

Include anyone that if necessary to achieve your dream. It could be you holding a longed for baby, walking down the aisle with your soulmate, splashing in the water on a tropical vacation or sitting in your new office after a big promotion.

## **Involve Your Senses**

Make the scene as real as you can! Use the scent of those tropical flowers, the touch of your little one's fingers clapping yours, the sound of your boss announcing your promotion, the taste of a champagne toast. Then create pink bubble visualization....that means wrap your vision with a virtual pink bubble of love.



## **Then launch your bubble off into the universe!**

Imagine it gently leaving the ground. If you're lying in bed, it will slowly rise to the ceiling, then pass effortlessly through the roof and hover over your home making the whole neighborhood shimmer. Then the bubble slowly rises over your city, over favorite places, always casting a rosy glow and attracting creative energy to manifest your vision.

Your speed will accelerate as you drift through the Milky Way full of wondrous stars and the pink bubble visualizations of countless others, like you, wishing for their heart's desires. You find yourself among other galaxies in a glorious explosion of light.

## **Say Good-Bye to Your Pink Bubble**

This is the last step in pink bubble visualization. Say good-bye to your vision, release all attachment and let the universe create it for you. When you see it again, it will be happening!

I hope you enjoyed [pink bubble visualization](#). Use it any time you like....and enjoy wherever you dreams take you!

To learn more about visualization, watch [the pink bubble technique video](#).

# Replace a Bad Habit With a Good One



Everyone has a **bad habit**. Sometimes they make us sick, like smoking. Others make us stressed and poorer, like procrastinating. Eating potato chips is soothing but leaves chunky reminders all over our bodies.

Yet it seems impossible to **stop** something because that makes us think about it all the time! I've found the best way to break a *bad habit* is to replace it with a good habit. Adding something new and enjoyable crowds out the bad and you won't even miss those potato chip binges.

## Replace the Benefits You Get from the Bad Habit



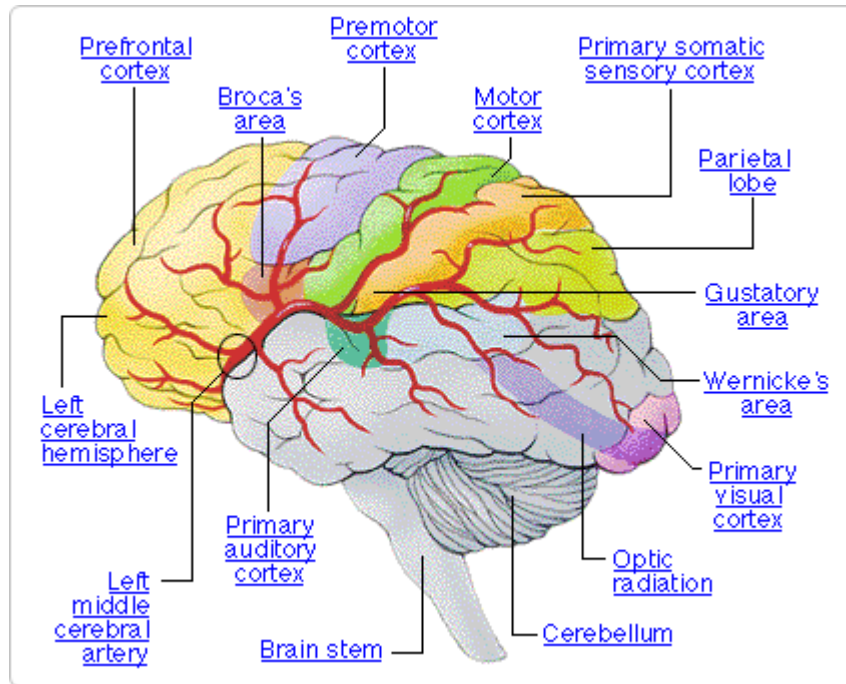
**The extra calories in a Snickers bar equal 25 pounds heavier in a year**

Be honest about how the bad habit started and why. What benefit were you getting then and is the payoff still there? Maybe when you were fourteen smoking made you feel “cool” and part of the gang. But today, smokers are a minority, shelling out a fortune for cigarettes, paying more for insurance and

barely “present” because they are desperately looking for a place where they can still light up.

I’ve never met a smoker who didn’t want to quit but what if your candy bar habit keeps your weight and blood pressure up? The calories in a daily Snickers bar equal 25 pounds over a year. Did you ever think that tasty little bar could make you up three sizes bigger? And you can lose it all without power yoga or expensive packaged “diet” shakes and meals that leave you hungry and longing for a candy run.

## Why A Bad Habit Is So Hard to Break



**Your habits, both good and bad, are programmed deep in your unconscious mind**

I don't have to tell you that willpower doesn't work! Your brain has faultless programming to keep you doing what you've always done. How often do you arrive at work without any memory of the drive? Or even drive to work instead of somewhere new that you intended to go?

That's your unconscious programming at work. Your brain says, "I am a smoker" or "I always have a Snickers bar in the afternoon." Let's learn how to trick your brain into doing something else.

There's no need for suffering or deprivation, just rewiring your gray matter into thinking it wants something other than whatever it's always been clinging to for survival.

# Choose a Good Habit to Replace the Bad Habit

Choose a good habit to replace your bad habit. Think you can't fall asleep without your nightly bowl of ice cream? Don't like the fifteen extra pounds? The ice cream gives you brief pleasure but your clothes are too tight and your doctor thinks you need blood pressure medication.

What can you do **instead** of eating Rocky Road? Listen to music, meditate, some yoga stretches? Choose something you like as much as ice cream. Then [program your new good habit with affirmations](#).

Affirmations will replace [negative beliefs](#) like "I can't stop eating ice cream before bed," "I am big-boned" and sad stuff like "I don't care what I look like." Of course you care and can be looking good very soon!

Just relax, visualize yourself as 15 pounds lighter and flexible from your yoga stretches.

**Visualize the ice cream container marked with a big red X. Repeat to yourself, "I love yoga to relax before bed." "Yoga relaxes me and gives me deep sleep and sweet dreams." "I am so slim now that I do yoga before bed."**

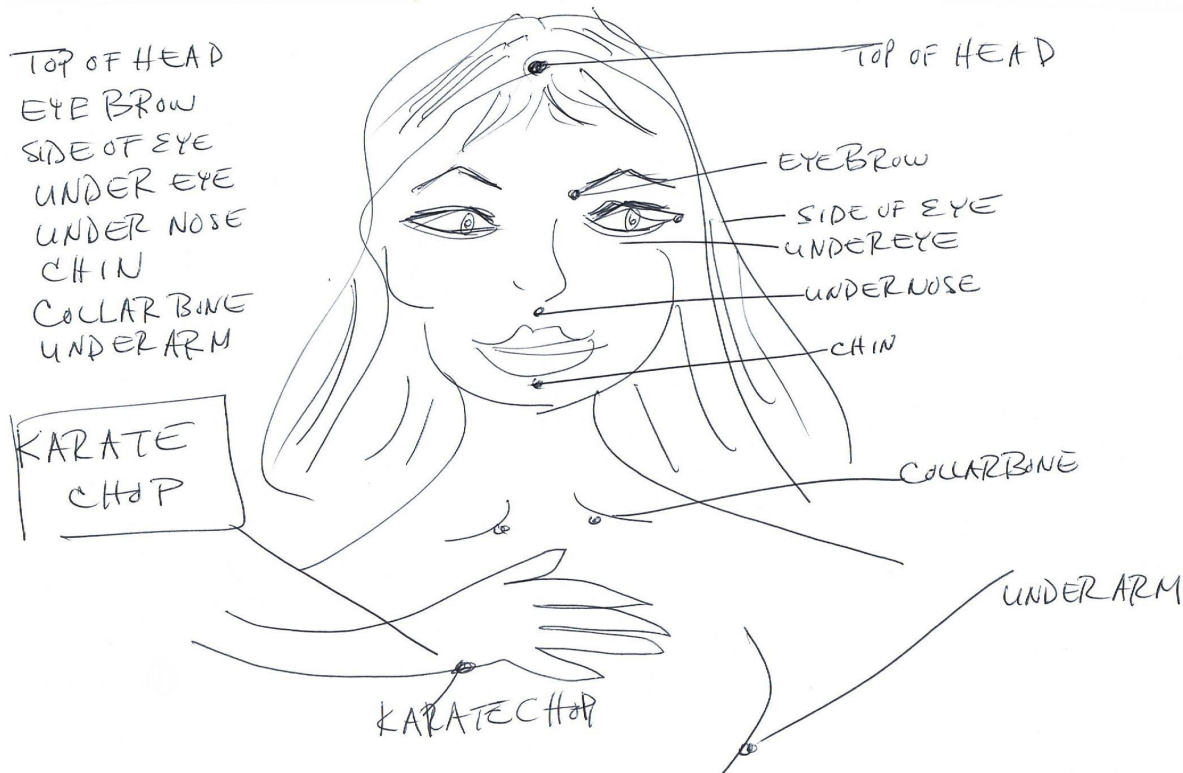
You'll be surprised how quickly you can [rewire your brain with affirmations](#) until that bad habit is gone and forgotten. You will enjoy the good habit so much more....and have the confidence to build more good habits the way same way!

Habit control is one of the most important tools to being happier than ever and achieving optimal health and well-being. It's a central part of [Silva Life Systems](#). [Download the free starter program](#) here and benefit from fifty years of cutting edge research!

# EFT Tapping and Happiness

What is EFT tapping? EFT is shorthand for Emotional Freedom Technique and tapping is what you do on nine acupressure meridian points on your upper body and repeat phrases focused on a particular physical problem, [negative emotion](#) or problem in your life.

Since it is entirely free, entirely amazing and there is no way to do it wrong it may very well work for you! I first read about EFT in a newsletter from alternative health advocate Dr. Joseph Mercola. His advice is generally sound but EFT sounded so silly, especially repeating the key phrase, that I printed it out and put it aside. Then one day about a year ago I just decided to tap and not care about a script. All kinds of amazing stuff came up and was a powerful release.



Tapping creates a special private space. You can't do EFT tapping "wrong." You can "disappear" physical pain and bad feelings. And whatever you say when you tap on these points is the right way for you. Here are the meridian points. Feel free to SKIP THEM OR ADD TO THEM as you please.

**Tapping is for you and you can't do it wrong!**

Tapping works best if you do follow the “set-up” script:

**Even though I (fill in here – something like keep losing my temper),  
I deeply and completely love and accept myself.**

Then you go tap on each point, elaborating on whatever you are trying to release. This is just an example – please say and feel anything you like!

**Karate Chop** – Even though I have procrastinated about finishing this book for my readers, I deeply and completely love and accept myself.

**Eyebrow** – Even though I planned to finish this book last week, I deeply and completely love and accept myself.

**Side Of The Eye** – Even though I am embarrassed it still isn't finished, I like what I have written so far and deeply love and accept myself.

**Under The Eye** – Even though it isn't perfect and is late, I am happy I wrote what I did and deeply and completely love and accept myself.

**Under The Nose** – Even though I missed my deadline, I deeply and completely love and accept myself.

**On The Chin** – Even though the book is late, I think readers will like it and I deeply and completely love and accept myself.

**On The Collarbone** – Even though the book is late, I am happy and proud that I wrote something I would want to read and use myself.

**Under The Arm** – Even though I am running out of problems and excuses, I love myself and the book I have written for my readers and myself.

**Top Of The Head** - I am so glad I tapped on this. I feel proud, happy, glad this book is finished and ready to write another one! It feels great, by the way, to give myself a pat on the head!

[EFT and happiness go hand in hand.](#) EFT works to eliminate everything that makes us unhappy and facilitate everything that makes us happy. And it's free, safe and totally without side effects! It works organically at your subliminal level to:

- **Confront and discharge negative emotions**
- **Heal and eliminate physical pain and illness**
- **Relieve anxiety**
- **Reduce stress**
- **Replace unproductive habits with good ones**
- **Get at the heart of anger and redirect it to create something wonderful**
- **Eliminate blocks to achieving abundance and satisfying relationships**



# Share the Word About

## EFT Tapping and Happiness

EFT tapping is in its infancy and just beginning to be practiced, shared, studied and directed in more and more ways to serve all of humanity. Researchers and ordinary people like us are discovering how to cure “incurable” illnesses, relieve stress and anxiety, clear blockages to success and love, create financial abundance and have more love and understanding to share with the world.

Best of all, like affirmations, meditation and visualization, you don't have to believe it will work! You can get the benefit just the same.

I like to compare EFT tapping to a temper tantrum that is actually good for you instead of unleashing hurt and destruction! Nobody knows about it but you....and you feel “heard” but the person that matters most – you.

Choose EFT tapping, use it and make it your own way to heal your body and mind.

For a much longer explanation of tapping and articles on specific problems to tap away, I recommend the free information from The Tapping Solution.

[Visit them here.](#)



Thank you so much for reading this far!  
I wish you lots of fun with these tools, hope you share them  
and keep visiting [Happier Than Ever](#).

[Miriam Kubicek](#)