



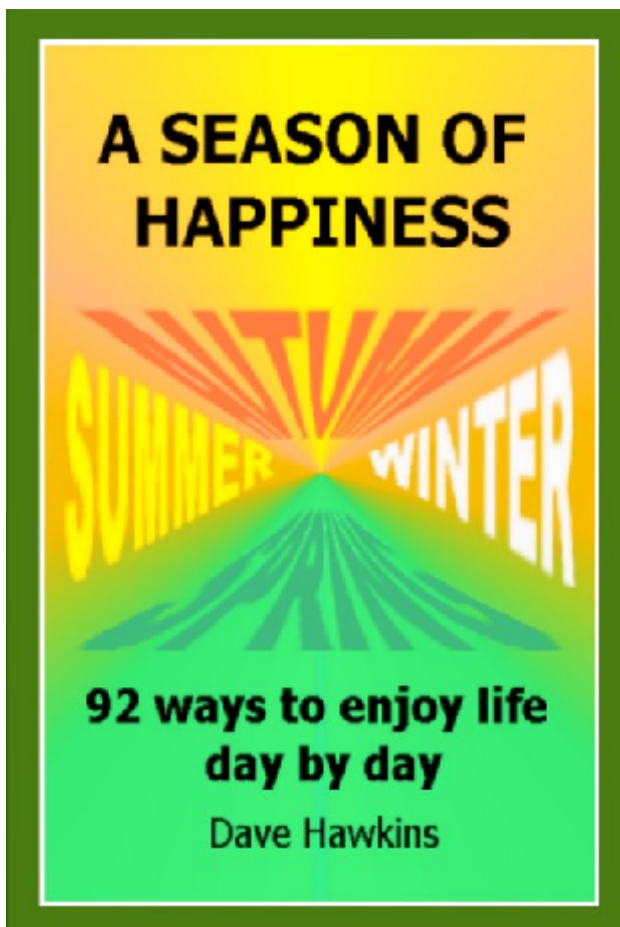
## A Season of Happiness

by

Dave Hawkins

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### A SEASON OF HAPPINESS

92 ways to enjoy life, day by day

Teach yourself to find true happiness. Learn to cope with stress and those everyday hassles that continually drag you down. Bring yourself back on track to achieve your goals and realise your dreams without resorting to drugs and expensive courses.

A Season of Happiness lists the most common problems of day-to-day living and couples them with simple, enjoyable ways to help you find the solutions that work best for you.

Make your life worth living again. Learn to turn those negatives to your advantage, and enjoy doing it your way.

You deserve A Season of Happiness

The following preview of Dave Hawkins' **A Season of Happiness** provides a sample page from each of the sections listed in the table of contents below.

# **A SEASON OF HAPPINESS**

**by**

**Dave Hawkins'**

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## A SEASON OF HAPPINESS by Dave Hawkins

### Introduction

Happiness is like a morning mist, a phenomenon which is more easily appreciated from a distance. Up close, it is far less tangible. We know it is there. We can feel it all around us, but it seems to have lost some of its magic. In a short time, those forces which produced it in the first place will change and it will disappear.

Is this really what happiness is all about, waiting for a particular set of conditions to occur before we can experience it, and then only briefly? If we could know exactly what it was, what made it possible, we might be able to recreate it ourselves whenever we wished. The thought is appealing and not as impossible as it might at first seem.

There is something allied to happiness that we *can* monitor and experiment with – an emotional condition called enjoyment. We can experience it on varying levels; associate it with specific situations; we can even replay it by recalling past memories. When it is with us, we are more uplifted and light-hearted than when we are without it.

By comparing one period of enjoyment with another, we can decide for ourselves which is more pleasurable. And the one thing we all know for certain is when we are definitely lacking enjoyment.

This little book is a guide to identifying those times which are least or most enjoyable in your life. The steps suggested are both simple and small. You won't have to change your lifestyle dramatically to accomplish any of them. Neither will you have to abandon any plans you may have already made for your future. In fact, this guide will help you achieve them with far more satisfaction than you could have imagined.

Day by day, your confidence and self-esteem will improve as you move closer to your goals. Slowly but surely, the stress will begin to ease as you regain control of both your life and your environment.

Family and friends will notice the difference as you become a happier person to be around. You will start viewing work as a challenge rather than a drag. And those dreams and aspirations you'd almost given up on will suddenly be worth serious consideration again.

Not all of the situations touched on will apply to you personally, but most can be adapted to relate in some way to your own unique circumstances.

Following each everyday problem or situation is a simple, practical suggestion which will help you understand the problem, find your own solutions and gain a better insight of yourself.

Some of the suggestions may seem irrelevant, some even bizarre, but by adopting them you will be employing the same powers of reason, consideration and determination needed to help you resolve the issue in question.

In any order you choose, take a situation you can readily identify with and try one of the accompanying suggestions relating to it. Repeat it the following day, if you so wish, or choose another; but give at least one of them a go. And think on it well - how you feel afterwards, whether it has changed the way you view yourself or others, and any ideas the experience may have sparked which will help you lead a happier life.

This is what true happiness is all about - enjoying life.

This eBook offers 92 ways to uplift your spirit and regain self-confidence - 3 months of hope for your future which can easily be turned into a lifetime of happiness.



## Happiness is Where You find it

### HAPPINESS IS WHERE YOU FIND IT

**What is happiness? Where will you find it? How will you know that you have? You may spend a lifetime searching for it, only to discover it was at your fingertips all along.**

**You will have found happiness when you can sit back in contentment, knowing that this moment of pleasure could last until the end of your days; and wishing that it would.**

### DISCOVER YOUR ENJOYMENT FACTORS



**Think about your moments of greatest pleasure and try to discern what makes them so special. Is it the place, the atmosphere, the company, your attitude? If certain elements were removed, would the enjoyment diminish? Maybe there is a common denominator, a particular aspect which you are continually attracted to.**

**Discover your prime enjoyment factors and you could save yourself future disappointment and heartache.**

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## Self-Esteem – Be Who You Really Want to Be

### ROLE MODELS

We often look to role models as a cure for inadequacies, or low self-esteem. Their lifestyles may seem all that we might wish for, but we can't be sure if they will suit us personally.

The person we admire may only be a media representation of someone quite different, but we can still look to the example which encourages us to improve our situation.

We must, however, be quite certain of who we really are now, before we start trying to be someone else tomorrow.

### WRITE TO YOUR HERO



Write a letter to a famous person whom you admire, even if they are already dead.

Try not to impress, simply tell them what their accomplishments mean to you and how they have helped shape your life. Ask them for advice on how to continue, stating any doubts and misgivings you may have.

Be genuine to the point of seeking out an address, then send it.

Only you know whether you have been truthful about yourself, or whether you have the courage and determination to see this exercise through.

## **Negativity – Say ‘Yes’ to the Challenge**

### **NOT LOOKING FORWARD TO THIS!**

**It may be an interview, a funeral, or the forthcoming visit of someone you’d prefer not to see. Those trials you can’t avoid will seem all the worse if you labour on them.**

**Find relaxing ways to divert your attention. Perhaps begin something enjoyable which you can look forward to continuing after the event.**

**But whatever you do, don’t make yourself suffer twice for something that hasn’t even happened yet!**

### **SOAK YOUR TROUBLES AWAY**



**Set yourself up in a warm bath with a drink and some mood music. Then close your eyes and transport yourself to an exotic paradise where everything is perfect and there is no tomorrow.**

**Enjoy the power of imagination. You can call on it any time you wish.**

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## **Stress – Reducing and Avoiding it**

### **AVOIDING MENTAL EXHAUSTION**

**You can give your body a break from physical exertion, but relaxing the mind isn't so easy. You'll never stop it working, so you should find something simple for it to ponder. Preferably something unrelated to the practicalities and stress of your normal day-to-day routine.**

**Take every opportunity to let your mind enjoy simple contemplation without the need to rationalise and plan.**

**It will reward you by operating far more efficiently.**

### **LIE UNDER A TREE**



**Lie under the dappled shade of a tree and try to relax.**

**Simply appreciate the ever-changing shadows as the leaves move in the breeze. Catch the spangled sunlight piercing the upper foliage. Be mesmerised by it as you let your thoughts bend and sway with the branches.**

**Here there is no past to regret, no future to worry over. There is only now.**

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## Decisions – The Stepping-stones of Life

### INDECISION

Sometimes, informed decisions seem impossible when the choices are too closely matched. You wish for insight which will isolate just one of the alternatives clearly.

Actually, it is there, in your thoughts and memory. Instinct is based not on luck, but the weighing of data already received and stored in your subconscious.

If you don't have access to additional outside advice and the decision can't be deferred, trust your intuition and do your best to make it a wise choice.

### TOSS A COIN



Heads you go for it, tails you don't.

Once the coin has been tossed, analyse your feelings about the result. Are you happy to stand by it, or are you experiencing some discomfort and wondering whether to toss again?

Your inner-self is talking to you. You'd be wise to listen.



## Work, Chores and Time-Management

### SPREADING YOURSELF TOO THIN

This is a variation on the workaholic theme, but it can affect even those without a paying job.

Trying to do everything yourself, well and on time can result in physical and mental fatigue. You may believe you are doing the right thing by everyone and yourself, but nobody wins when you collapse from exhaustion.

You must learn to prioritise and delegate responsibilities. And, of course, you need to relax between jobs so that you can tackle the next one fully charged and with adequate consideration.

### DRAW UP YOUR DUTY ROSTER



List everything you do, from driving the kids to school, to filling in the stationery requisition at work. Include jobs in the garden, on the car, choir practice, and any regular favours you do.

Now, assume you aren't around. Who will take over each and every one of these jobs? Maybe some of them could help out right now, before you end up in hospital. Oh, yes - don't forget personal hygiene: you may have to suffer the indignity of someone else doing that for you if you do get sick.

## Relationships – improve Your People Skills

### KEEPING RELATIONSHIPS ALIVE

In a world of constant change and uncertainty, it is good to have someone you can rely on. But, whether intimate, social, or business-related, all relationships need work to survive.

Taking someone's role in your life for granted is one of the easiest ways to lose them as the friend they once were.

Don't be afraid to speak candidly about the way things are going between you; and try not to let the sun go down on a disagreement.

### SWAP ROLES



Ask a friend or partner to help you with this exercise.

Try swapping one or more responsibilities which would normally be handled by only one.

You may find they are less satisfying than you have assumed.

Better still, share the chores.

Working together can add a new level to your relationship.

## The System and How to Cope With it

### YOUR WORLD - YOUR CREATION

**You are the architect of your world. Your home and family, your friends, everything you own and use are there because you elect to have them in your life.**

**Be proud of those aspects you cherish and seek to preserve them. If there are parts you dislike or which no longer seem to serve any useful purpose, ask yourself why you tolerate them and whether there is any real need to continue doing so.**

**By analysing your world, you will gain a better insight of yourself.**

### HAVE A CLEAR-OUT



**Is the wardrobe bulging at the seams, the top piled high with boxes of clothes you haven't worn in a decade? Have a sort through.**

**There is little point in keeping stuff you would be embarrassed to wear, or which makes you feel like a trussed chicken. As for sentimental value, most of it is a reminder of when you were younger, slimmer and into things you wouldn't dream of doing now. But that was then.**

**This is a new day. Say farewell to the old and make a fresh start.**

## **The Meaning of Life – What’s It All About?**

### **WHY ARE WE HERE?**

**However insignificant we may think we seem, each one of us serves a purpose.**

**For most of us, our special task will be minuscule in the grand scheme of things; but that doesn’t make it any the less important.**

**It may take our whole lives to accomplish, or be achieved in a single second. Whatever our creator’s intent for us, we should simply try to grow and change throughout life to the best of our ability.**

**Whatever we affect and whomsoever we touch along the way, these things will justify our being.**

### **SOW A SEED**



**Take a ripe seed from a flower, a weed, or even grass. Sow it in a container of suitable growing medium, then water and tend it so that it can grow.**

**The seedling has life because you wished and encouraged it. By your simple act of caring, you have made a difference to two lives.**

**And, if only in a very small way, you have changed the future for both.**

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## How to Use This Little Book

The advantage of a little book is its size which enables a person to carry it with them in a bag, briefcase, or pocket wherever they go. With the advent and increasing popularity of electronic hand-readers, even size is irrelevant. Now, whenever you need a few words of encouragement to help you through the day, they are there at the touch of a button or a stroke of the screen.

There are no hard and fast rules to using A Season of Happiness. In fact, the only rules are those you make yourself. Whichever way works for YOU is the way to go. This is the essence of self-help.

To some, however, the concept behind the following pages may not appear as simple as was intended. My idea was to tackle a problem I had been unable to resolve head-on by looking outside the box. By that, I mean trying to appreciate it from a different perspective, because frequently we are too close and fail to see what is very apparent to an objective observer.

Here is an example from the Relationships section which, hopefully, will help explain. First, I have outlined a problem or issue that most of us will encounter at some time. Being misinterpreted can have adverse, sometimes disastrous results. The best way to avoid this happening would seem to be obvious:

### SAY WHAT YOU MEAN

**The diversities of language, culture and upbringing often lead to communication difficulties. No matter how carefully or in what form we send it, we cannot be certain that our message will be interpreted as we originally intended. It may even be received by a third party for whom it was never meant. As long as you say what you mean and mean what you say, you will have done your best to convey the truth.**

Unfortunately, we don't always do this and often expect others to understand because our words are plain enough to us. What we tend to forget is that whoever is on the receiving end of our attempt to communicate may not be on the same wavelength, perhaps being distracted by a personal problem on which they are still focussed. To really appreciate how straightforward words and actions can be misread, I decided to try something very basic.

### SHINE A LIGHT

**Take a flashlight out at night and shine it up into the sky, or towards the horizon. Is anyone out there to see it? What meaning might they attach to it and how might this simple message affect their subsequent actions? Whenever we speak, in whatever way, whether it be to others or just to ourselves, our words will always have consequences for which we must accept responsibility.**

This may seem a pointless exercise because anyone can imagine what might happen by flashing a light around at night. But if you actually do it, you will be more aware of how a simple, casual act could have far-reaching consequences which you have unwittingly instigated. Environment is everything. A light flashed on and off, or waved around at sea or in a wilderness area could start an unnecessary and costly search for a person in

distress. A neighbour catching sight of a torch-light in a suburban backyard might believe someone was up to no good and call the police.

But how does this relate to our usual day-to-day communications? Perhaps it doesn't, if our words and deeds are always taken the way we intend. If not, maybe it would be worth thinking about the message we are trying to put across and how we are doing it, rather than blaming someone else for not listening properly.

I recommend first-time readers glimpse the Table of Contents to find something of interest they can relate to, or that may be a likely contributor to unhappiness. There are a number of situations in each group which are pertinent to the subject of the section headers, but they may also be relevant to other issues.

Please try the suggestions in a practical way, rather than just imagining how you might feel if you did. There is no substitute for the hands-on approach which often highlights subtle yet important considerations that might, under normal circumstances, be overlooked.

And think well on how you feel – before, during and after a particular exercise – because all of them are intended to help you look deeply into yourself and understand how you genuinely react to situations. Even annoyance at the prospect of performing some ridiculous charade can tell you much about yourself and the way you are coping with life in general. This little book is not meant to change you as a person, just help you become who you truly wish to be.

**Enjoy A Season of Happiness.  
You deserve it.**

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