

Sharing my 'Happiness Secret' with you works on the HONOR SYSTEM.

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If you are going to have a relationship with me, you must have a large sense of humor and don't take yourself or your life too seriously, because no one else does.

The RIGHTS Your Donation Gives You.

Your donation gives you the right to save this file to your computer or phone for your personal use and to email me any time you have questions about the content of the Happiness Secret. In addition, you get one hour of free coaching (Reg. fee \$200.00) about any issue you have in your life such as love, health, or money issues.

To contact me, you'll find my email address at the bottom of the page. As a matter of information, I have been an author and Performance Coach since 1998.

I got the 'Happiness Secret' and I have to say, it is profound. It's a quick read and packed full of good stuff. Well worth the investment. @_JenBeard

I am fortunate. I have your Happiness Secret! It is an absolute delight! It has been incredibly invaluable and has spurred me to personal insights and motivations that are helping me heal, grow and attain peace. I re-read it often. Excellent. @GatitaKicksAss

The Happiness Secret

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Before I tell you my Happiness secret, I want to share with you an important lesson life taught me.

You can have the worst problems, in the world, and still be happy. You can be crippled, sick and dying, you can be homeless, without a penny to your name, no friends, and still be happy.

Being unhappy because you have problems doesn't do a thing to solve those problems. It only makes them persist and it makes them worse.

I learned this lesson from a friend of mine. He had terminal cancer. The medical profession gave up on

him and he was put into a hospice to die. While in the hospice, he had a massive stroke.

Although the stroke affected him physically, his mind was as sharp as ever. At his lowest moment, my friend decided that with whatever time he had left he would be happy, no matter what.

He spent each moment of the day finding things to be happy about, grateful for, and appreciate.

Over the next year he became so happy that his cancer began disappearing for no logical reason that the doctors could explain.

He became physically stronger. At the end of one year, without medical intervention, he made a full recovery from his cancer and stroke. He walked out of the hospice a new man with fully restored health.

It was my friend's story that lead me to the discovery of the Happiness Secret.

The secret is deceptively simple but it does take a bit of practice until it becomes an automatic way of thinking for you as explained in this PDF file.

The secret to being happy and carefree all the time or at least 99% of the time is this:

FOCUS.....

Whatever we FOCUS our attention on, we attract more of the same. In even simpler terms, whatever thoughts or feelings we focus our attention on, we attract more of them. We feed our power to thoughts and feelings when we focus our attention on them.

MORE IMPORTANTLY

Whatever we focus our attention on, we make come alive in our life. It is our focused attention that makes things real for us. How we feel is a result of what we have our attention focused on.

Nothing has power over us, for better or worse, until we focus our attention on it. Focus is everything. Focus creates our physical reality.

Everything in life is created twice, first mentally, then physically. There are no exceptions to this law.

The moment we quit focusing on something, it literally ceases to exist except as a memory.

A problem ceases to exist the moment we quit focusing on it. It is focusing on the memory of a problem that makes the problem reappear in our lives. In some cases, over and over again.

Pain tricks us into focusing our attention on what we don't want. And once we focus our attention on what we don't want, we begin attracting it to us.

Focus on what you **DO want**

The more you focus your attention on 'thoughts' that make you feel happy and carefree, the more happy and carefree you become. This process of focusing on what you do want automatically rewires the neural pathways of your brain from negative to positive so being happy automatically happens to you without you having to think about it.

(**Note:** The opposite is also true so don't go there.)

Continuing on:

The more you 'feel' happy and carefree, the faster those happy and carefree 'feelings' become your dominant feelings.

Once they become your dominant feelings, they operate on automatic pilot requiring no conscious thought on our part to feel happy 99% of the time.

Your dominant happy and carefree feelings naturally and spontaneously override and cancel out any negative thoughts and feelings coming into your body from any source outside of yourself. No conscious thought on your part is required to rid yourself of unwanted thoughts and feelings.

***NOWHERE IS IT WRITTEN THAT YOU ARE
REQUIRED TO FORFEIT YOUR HAPPINESS
BECAUSE OTHER PEOPLE ARE SUFFERING.***

More about FOCUS

Whatever person, thing, or situation you have your attention FOCUSED on is where your energy goes.

If what you have your attention focused on is not feeding you energy and instead it is draining you of energy that ALERTS you that you are focusing your attention on the wrong things for you.

THE HAPPINESS SECRET - PART 2

The second part of the Happiness Secret is to practice becoming the non-judgmental OBSERVER of your thoughts rather than thinking about your thoughts.

Your greatest insights and power will come from being the Observer of your thoughts rather than the one who thinks about them.

Becoming the non-judgmental OBSERVER of your thoughts is absolutely the fastest way to solve any problem you have ranging from minor to major ones.

When we live our lives from an observational state of mind (a mind that does not judge), we become open to Universal truths. In that state of mind, the Source of our lives (the Universe, the God of your understanding) automatically downloads into our minds, when we least expect it, Universal truths that inspire and empower us and set us free from our negativity and limiting beliefs.

DID YOU KNOW.....

Did you know that the negative thoughts that pop into your head, out of nowhere, that you AGREE with always come TRUE for you?

In addition, when you AGREE with another person's negative thoughts (such as you only have a month to live) they will also come true for you.

People have no idea how much power they give to an idea when they agree with it.

It is important to realize that our feelings have the ability to trick us into believing, agreeing with, and accepting thoughts we don't want.

Only agree with thoughts that make you feel good. When you have thoughts that make you feel bad, immediately say the words CHANGE or CANCEL while at the same time releasing, letting go of or surrendering the unwanted thought to your Source.

HOW TO STOP UNWANTED THINGS

To stop manifesting things you fear or don't want, do the following when the fear or the thing you don't want shows up in your mind in the form of a thought.

Be with the thought (and the feeling associated with it) when you are aware of it showing up in your mind. Don't resist it, fight with it, judge it or try to push it away from you, simply be with it.

Continue to observe yourself **being with it**.

If you do that, the unwanted thought (and the feeling associated with it) will, naturally and spontaneously, disappear on its own.

Once that happens, it will be impossible for that thought to show in your life in physical form.

My Happiness Secret is a practical method for achieving real and lasting happiness based on years of research and scientific study. Implementing the secret takes a bit of practice. Because it does take a bit of practice, I am available to answer any questions you have about my secret so it works as well for you as it does for me.

It is my experience that the more questions a person asks, the faster my secret works for them. Feel free to ask me as many questions as you have.

THE HAPPINESS SECRET - PART 3

As soon as you quit resisting the way life is treating you, it will treat you better.

Everything you want out of life lives on the other side of your resistance. It is your resistance to the way

things are that stops you from effortlessly creating your life exactly the way you want it to be.

Life is EASY when you don't resist it. It is your resistance to life that attracts things to you that you do not want. And it is your resistance that makes unwanted things persist.

The MIRRORS of our Life

People outside of us reflect back to us with 100 percent accuracy what is going on inside of us.

What goes on, on the inside of us, always shows up on the outside of us in the form of other people and circumstances.....

People are our mirrors reflecting back to us our beliefs and values.

If you don't like what you see in the mirror, change your thoughts, the moment you do, the reflection in the mirror changes too....

The Happiness Secret is to FOCUS exclusively on what you do want. It takes practice to focus on what you do want but the more you do it, the easier it gets until your happiness is automatic.

If you have questions about the content of my Happiness Secret send them to me at frederickzappone@gmail.com.

Don't forget to take advantage of my offer of one hour of free coaching about your issue. My free coaching is available to you for up to one year from the time you make your donation.

This is a limited-time offer and expires without notice.

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Frederick Zappone

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