

The Recipe for happiness  
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Jasmin Hajro

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Book The Recipe for Happiness

A book has been written about  
a true story ...

About a man who was  
imprisoned in a concentration  
camp at the time of Hitler, and  
he was happy.

So, Happiness has nothing to do  
with your circumstances.

It has everything  
to do with, your  
choice to be  
happy,  
regardless of  
circumstances.

Choose to be happy.

Of course there are tough  
times in life,  
like when someone you love, dies.

That's part of life.  
Those times of grief you just have to  
go through and process.

Processing is best done by  
talking about it,  
to get it off your chest  
regularly.

Or by writing about it,  
if you write down a situation  
or your feelings about it,  
then it's on paper, and it is  
out of your head.

Writing is a good outlet.

Processing is also done well by:  
staying busy.

Whether that is in your work  
or your hobby.

They say: a rolling stone  
does not collect  
moss. So stay  
busy ....

Okay, now you have learned a good lesson about how to better process negative life experiences.

But you're here for the Recipe for Happiness, right?

Well, the lesson you've learned will help to make the recipe work better for you.

Here it comes then ...

You have probably read a  
local newspaper, and you  
regularly check the news.  
(the daily news on television)

Have you noticed that about 99%  
of it is bad news?

Only misery ..  
If you did not  
know better,  
you would think that the whole  
world is going to perish.

If it's a habit for you,  
to watch the news every day for  
half an hour ...

Have you ever wondered if it's  
healthy for you?

Does it make you happy ?  
Of course not !

The easiest way to change a habit is by  
replacing it  
with a new habit.

So from today on, instead of watching the  
worldly news half an hour a day

.....



Watch COMEDY for half an hour a day.

Mandatory.

Every day.

Well, now at half past eight in the evening it's not news time, but Comedy time.

If you watch comedy, you relax & you laugh.

Sounds healthier, doesn't it?

Well, laughing every day is easy to do, right?

And replacing your old bad habit in this way, with a nice, healthy

new habit, is probably easier  
than you thought.

Except for the fact that relaxation is  
good for you, when you laugh, also  
your body makes endorphins.  
Those are natural happiness  
substances.

Well, after 21 days of daily watching  
comedy,  
you will have formed a new  
habit.

So watch Comedy every day.

You can watch a lot of standup  
comedy on [www.Youtube.com](http://www.Youtube.com) for  
free.

Simple?  
Sure,  
but you  
have to  
do it,  
every day,

until you don't have to  
think about it anymore,  
and you start doing it  
automatically.

Some Happiness Ingredients  
in a row:

Watch comedy every day, at least one  
hour.

Eat ice cream, treat someone  
with an ice cream.

Work out, throw out your frustration by  
playing tennis or going for a run.

Pee in the yard (and if you get a fine for  
urinating in public, laugh your ass off

Do not worry, life is too short for that  
(by staying busy, you do not have time  
to worry)

Hug the people that you love,  
whenever you can

Go enjoy a cup of coffee or tea

Buy or save a cat or some other pet

When you receive money,  
immediately save a part of it

Don't let the media scare you, the  
world is not getting worse, the world is  
getting better.

Sex, need I say more?

(when you have sex  
your body also  
produces endorphins

=

those natural happiness substances)

Maybe the Recipe for Happiness

is different than you had  
expected....

But that doesn't  
matter, the point  
is that it works &  
that it will help  
you to live  
happier.

Do it,

it is easier  
then looking

with a sour  
face.

If you liked this book & got some  
value from it.

Would you then  
be so kind,  
please,  
to recommend it  
to the people that you  
know.

So that they too  
can enjoy it and  
live happier.

Thank you very much.

It was my pleasure to write  
and translate

this book ( my third one )  
for you.

I hope it helps you to live  
happier.

( I know it will, if you do the  
things it teaches )

And I hope, that we can together  
make a contribution

to more happiness in the world.

We can.

If you recommend this book  
and share it.

Then I will promote it.



And together we will make a  
contribution to a happier world.

I would appreciate it if you would  
write me a short review.

Thank you for your effort.  
Kind regards,  
Jasmin Hajro

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