

Bob Brown

How To Have
Your Better Life



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PART 1 -HOW IS YOUR LIFE NOW?

1. How Do You Feel Right Now?

- Does your life feel like a battle or an uphill struggle most of the time?
- Do you feel that a lot of the time your life is frustrating and just hard work with little reward?
- Do things always seem to go wrong?
- Things have not turned out how you would have wanted them to?
- You don't have the life you would have wished for by now?
- You don't feel particularly happy?
- This is not the life you planned for yourself when you were growing up?
- You don't seem to have much luck?
- You often feel angry and resentful or jealous?
- You always seem to be worrying.
- You often feel guilty .
- You frequently seem to be having disagreements and arguments?
- You don't get on with a number of people in your life?
- You feel that life is just not fair?
- You sometimes feel that there must be more to this life than this?
- In fact overall your life is pretty much a disappointment?

How many of those statements describe how you feel now?

Well you've got to trust me when I say it really does not have to be this way. There really is a better life waiting for you. It is already there and you can start living it. You just need the key to know how to unlock it. This book can give you that key.

You just need to approach your life differently. You need to change how you think, and what you think, and everything else will follow. You may have heard and read stuff before about how we 'attract' our lives and maybe dismissed it as mumbo jumbo. You maybe think you would have to be from another planet to believe such notions. But, you know, we really do attract our lives and make our own lives and it is not for any supernatural or mystical reasons that are hard to believe. The reasons why this is so are much closer to home and in this book I will give you rational and perfectly simple explanations as to why and how - all the time - that we are attracting the life that unfolds for us.

And don't think you can just opt out. "No thanks. None of that 'attracting your life' stuff for me." You don't have any choice. Everyone is attracting their lives all the time and always have been; they just do not necessarily know how and why they are doing it. You are already attracting your life so don't think this is something you're not interested in starting to do. Maybe now is the time to learn how to control what you attract in your life?

Many people naively believe that their life is being dealt to them like playing cards and they have no control over it. But I tell you now this is absolutely not the case. I will show you how, with your particular thoughts and attitudes you are attracting your current life. Most importantly I will also show you how by changing your thoughts, you can attract the life you wish for. "BOLD CLAIMS", I hear you say. But as you read this book you will start to understand *how life works* and see how and why there are so many reasons why we attract the lives we have.

Think about this: You can work towards a time when you will

feel able to skip and dance through life feeling happy and content and that your life is wonderful, and that it is fun to be you, and that you are a lucky person. How does that sound? These are not just wild promises. This book can show you how.

2. How Would You Like Your Life To Change?

I really do understand how you may currently be feeling unhappy, discontented and disappointed and believe me you are not alone. The negative influences of modern Western culture is leading vast numbers of people into the unhappiness trap.

So what are you seeking?

What are you looking to change?

How would you like things to be different?

Here are some of the ways that people express what they would wish for. People say to me:

- They would simply like to feel that their life was OK.
- They would like to live a life where they feel they are good enough.
- They would like to live a life where they do not feel burdened by guilt and / or worry.
- They would like to live a life that was fun and joyful.
- They would like to feel their life was good.
- They would like to feel content with their life.
- They would just like their life to be better.
- They would like better relationships with some of the important people in their life.
- They would just like to be happier.

Many people enjoy their lives moment by moment and are happy. You can be one of them. You can join them. There is

absolutely no reason why you too cannot feel this way. It is up to you. There is a better life that is yours to have. It has your name on it. You just need to unlock it. The title of this book is deliberately not 'How To Have A Better Life' It is 'How To Have Your Better life' for a reason. This is because there already is a better life waiting for you that only you can inhabit. You just need to start living it. It is like wanting extra space in your house and discovering a hidden door to an annexe of rooms you did not know you had. They were there all along-you just did not know it. As I say your better life awaits you and has your name on it.

To give you another analogy you already have your life but you are living it in monochrome. Black and white to us oldies. But your life can be lived in full Technicolor and Dolby sound. It will still be you living it but it will feel very different . And going forward it will get better and better as your new behaviour starts to attract the changes you wish for.

Now I am not saying that it will be easy for you to change; I am not offering a quick fix and it will not be a quick job. You will have to truly and honestly want these changes for yourself, and you will have to accept and believe what this book tells you, and be prepared to work at it and expect some setbacks. Overnight change is not possible. You are going to need to change some of your ways of thinking and attitudes that you have held for a very long time, but if you really commit to it you *can* do it. And let me assure you the prize is huge; you really can have that better life you desire.

And what I can guarantee is right from the outset you will start to experience at least small improvements in your fortunes and feelings about your life. Your life will start to feel a little better right from the outset, and will continue to improve day- by- day. It is a great feeling when you know you have finally taken a step in the right direction. A step towards your better life.

3. So What Do We Mean By Being Happier Exactly?

We need to spend a little time on this because understanding this is essential for understanding what you will be aiming to achieve in changing your life. There is a lot of misunderstanding surrounding this and the terms are often misused.

Happy and happiness are extremely overworked words nowadays and occasionally the way they are used and abused makes me cringe. I read a book last year about finding happiness written by a Psychology Professor, who should have known better, who asserted that 'happiness' should be reserved for a class of emotional experiences that are pleasurable and enjoyable. He went on to pose the question as to whether the happiness one gets from eating banana cream pie is different from the happiness one gets from eating coconut cream pie.

Let me explain why this is so missing the point. First of all obviously eating different foods may give you temporary pleasure but there is no food on earth that can make you happy.

More fundamentally if *happiness* is worth fighting for, if *happiness* is worth anything at all then it must give you more than a passing nice taste in your mouth! Happiness would not be worth much if it was so short lived and transitory. No this is all nonsense I am afraid and the reason is you must distinguish between *Pleasure* and *Happiness*.

Pleasure is the pleasant but transient short term experience that you experience from agreeable 'nice' external events for example from food, drink, music, art, and beauty. But Happiness is a much more permanent state that comes from deep inside yourself of contentment, peace, fulfilment and serenity regardless of what is occurring on the outside in your life. In fact it is this very foundation of inner happiness which enables you to see and notice the pleasures of your external life, but equally to accept and deal calmly with the potential

frustrations and disappointments. We will, of course, be discussing in some depth how to attain this inner happiness but very briefly it has at its roots self love and self acceptance, loving and wanting the best for the people in your life, living in the moment, and really seeing and believing and understanding what a rich and precious gift life itself is.

Please consider the following definitions which explain the difference between pleasure and happiness.

Pleasure

A series of short term pleasant and agreeable experiences that give rise to transient feelings of joy and elation and gladness that occur as the result of external events and stimuli. Most (although not all) pleasurable experiences involve our physical senses and thus can be described as sensual pleasures. Some examples of sensual pleasure are eating and drinking, listening to music, reading a good book or article, looking at a beautiful view or image, and sex. Some examples of non- sensual pleasures might be receiving a compliment or having an interesting conversation. None of these external pleasures can make you happy as happiness always comes from within you.

Happiness

A semi- permanent enduring state of well- being that comes from within and is not based on responses to external events or stimuli. It defines your mood and how you feel and act and can be accessed when life presents challenges and disappointments in your path. It is characterised by feelings of contentment, inner peace, serenity, fulfilment, compassion, and loving kindness. Happiness comes from within you and is the foundation that this book will help you build.

In summary Happiness is a state of inner fulfilment, a deep state of well being, not the gratification of inexhaustible desires for external things. In fact happiness can only ever come from within and does NOT depend on outward conditions. **It depends only on inner conditions.**

I would like to close this chapter with some quotes about Happiness for you to ponder. You will find that across thousands of years often wiser people than me have come to the same view – that happiness depends on our mind and how we think about the world.

'Most folks are about as happy as they make up their minds to be.' Abraham Lincoln

'Happiness does not depend on what you have or who you are; It solely relies on what you think.' Buddha

'Happiness is not a possession to be prized, it is a quality of thought, a state of mind.' Daphne du Maurier

'Everybody in the world is seeking happiness—and there is one sure way to find it. That is by controlling your thoughts. Happiness doesn't depend on outward conditions. It depends on inner conditions. It isn't what you have or who you are or what you are doing that makes you happy or unhappy. It is what you think about it.' Dale Carnegie, *How to Win Friends and Influence People*

'Nothing is good or bad but thinking makes it so.' Shakespeare

'Very little is needed to make a happy life, it is all within yourself, in your way of thinking.' Marcus Aurelius

4. You make Your Life-Your Life Does NOT Make YOU

Most people believe that their life is dealt to them like a hand in cards. It is all just luck what cards you get. The life that is imposed on you is set in stone. But this is just not true.

I want to give you an analogy that I have seen so many times in business. It is often said that it is the person who makes the job and not the job that makes the person. Whenever the person doing a job changes then suddenly the job changes. You look at one incumbent and they may be for example permanently stressed, taking work home, always tense and working in the evenings disrupting their home life. They never seem to have the time to talk to their team and co workers or customers. Alternatively they may find the work unrewarding and maybe even boring. They count off the days until they can get away from this job. And then suddenly that person moves on and is replaced by someone new. And when you change the person who does a job, you also change the job. From day one the new incumbent seems to be relaxed and enjoying the job. The job immediately looks different. They seem to have set different priorities. They have time to network with co-workers and talk to customers. They seem to have control over the demands of the job but at the same time give an air of confidence that they have the important things covered. They actually seem to be enjoying it and walk around with a smile on their face!

The previous incumbent may still be around in another capacity and would look on at their replacement in wonderment. How on earth can they appear to be enjoying their old job so much? Why could they not be so fulfilled and content in that job?

And so it is with life. **You put someone else in your life in your place, if you can imagine that for a moment, and hey presto you get a different life.** Your life, that you believe to be so set in stone, would suddenly look very different. Many of the things you may not like about your current life they do not notice or are

not an issue to them. But many other things about your life that you never noticed they think are great and are grateful for them. And so it goes on. They are seeing positives that you never did or could.

PART 2- MY INVITATION TO YOU

5. Let's Open The Door To Your Personal Path

So we have now reached a watershed moment. A point beyond which nothing needs to be the same as before. Are you going to accept the Key and unlock the door to your better life, or are you going to just muddle along as you have before? This book which has landed in your hands or on your e-reader at this precise moment for whatever reason contains the answers to how you can have that better life so I implore you not to turn down this opportunity.

What will be on the other side of this door? There will be a path for you to follow which will be exciting and rewarding and satisfying and from the very beginning you will start to feel some benefits. It will be a long journey but your life will feel better and better as you progress and you will reach levels of happiness that you never believed could happen to you. I am going to take you somewhere very special that is in all of us. What have you got to lose really? What is there not to like? You can proceed as fast or slow as you like. Why not give it a try? You owe it to yourself.

The rest of this book will be your map and contains all the guidance you need about everything you need to do to be happy and have your better life. You will not need to read any other books unless you wish to. This guidance consists of a list of behaviours and practices which you will need to adopt to transform your life. There will be also be further help and support available to you through the contacts provided in the final chapter.

There is a little repetition in this book and this is deliberate so that each chapter can be read in isolation if you choose to skip ahead as some readers like to do to focus on a particular topic. Occasionally the same point may apply to two different chapters and where this is the case you may find some repetition. In fact

you will find that this book contains a number of consistent themes running throughout and after a while you will hopefully start to be able to predict for yourself the way to behave in different situations , and how to see and deal with different issues and problems.

I recommend that you do not read more than one chapter in a day, but instead spend some time pondering and thinking about each chapter and what it means for you to implement the guidance.

I am not a great fan of jargon but we need a term going forward that collectively describes in one word all of these practices and behaviours, and the term that is often applied to them is being *spiritual* or *spiritual behaviour*. I hasten to add that this has nothing to do with spirits and spiritualism which is something quite different. Neither does being *spiritual* have anything to do with any religion. I implore you to approach this with an open mind and not allow this term to put you off.

The term *spiritual behaviour* and being *spiritual* is usually understood to cover a group of practices and behaviours which include loving yourself, feeling love and compassion for others, practising loving kindness, living in the moment, practising meditation and cultivating inner peace and serenity. I would therefore like us also to adopt this term *spiritual* as meaning all of the practices and behaviours that will be covered in the remainder of this book.

On your side you are going to need to really commit to and believe in this spiritual journey. Trust me the practices described in this book WORK. But you now are going to have to take my word on that. You are going to have to have faith in what this book is telling you. But I can assure you that everyone who has embarked on this spiritual journey, without exception, has seen results. The next chapter contains a few testimonials from readers of earlier versions of this book. I do not want you to take just my word for how powerful this approach to changing

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