



Betterliving for everyone ltd.

# HAPPINESS GUIDE

**IN EIGHT STEPS TO WEALTH AND HEALTH**



**Part 2**

Dear [Vorname],

Let's have a look at the content of the second Happiness Guide:

- Two weeks ago we showed you how to lay the foundation for self-confidence, the basis for success. Today we take the next step and will deal with your personal goals.
- Regarding health, today we will present a new therapy from the Principality of Liechtenstein. This therapy even is used by the NASA to boost the performance of their spacemen and to keep them healthy. Let yourself be surprised!

Before we start to improve your success, we would like to ask one question. Please answer honestly. We won't hear your answer, but if you want to become successful, you will have to be honest.

Did you take some time to potter at your skills and successes? Did you write down the answers by hand on a sheet of paper? Did you start your journal of success? Yes? Now you will understand our statement, claiming you'll feel happier after accomplishing the exercises.

Perhaps, you didn't do it, because it annoyed you to answer all the questions. Believe in us, success is no accident.

Well, in case you ducked out of the first task, take the first HG again and attend to the asked questions. Sure, we can't prevent you from reading further, but we want you to become really successful.

Our Happiness Guide isn't just some sheets of paper. No, it's the key to your "Building of Success" and a house construction starts with the basement.

Enough talk. Let's start working. You want to become rich? If I ask people I'm coaching about their goals, often they will answer "I want to be rich", "I want to be successful", "I want to be powerful". Nice goals, but I have no use for that. We have to be more specific.

What means rich? For one it's € 50 for another € 50.000. We don't know your goals, so you understand why we have to be more specific. Only if you know your goals, you will achieve it.

Hence, we start with a short exercise. Where do you want to be in 10 years? Do you know this question? Did you already answer? Did you write it down by hand?

Successful people are professional people. Let's have a look onto the answer of a professional person. He would make up his mind about the three key indicators of success: The being, the doing and the having. Most people first and only pay attention to the having.

What about the being? This is your character. What do other people think and talk about you? What shall they think in 10 years?

The doing is easy. This is your profession or function. What do you want to do during your working hours? Which profession do you want to practice in 10 years? 10 years are long. Start dreaming! Write down everything which is important for you, but not achievable at the moment.

Following, the checklist for your **10 year goals**. Use it for your notes. You can download all the Checklists on our Homepage.

My Goals in 10 Years		
	Date	Notes / Details
To Be		
To Do		
To Have		

Please continue working only after accomplishing the **10 year goals** checklist. You'll need it for the second step.

Let's become even more specific. 10 years is a long run, thus think about which 10 year goals you want to accomplish in a 5-10 year period. Note a specific date as well, because we will need it later. The **5-10 year goals** checklist will help you to keep track.

My Goals in 5+ to 10 Years		
	Date	Notes / Details
To Be		
To Do		
To Have		

If you finish the checklist, your goals will become clearer to you.

Now we take a step forward, because just writing down goals didn't make anybody successful. The goals have to be implemented. For this purpose we have **the 2-5 year goals** checklist. Which goals should be accomplished in 2-5 years?

[illegible]

Now you have to be even more specific. Which goals should be accomplished within the next year? Take your time. This task needn't to be finished in two weeks, because it's too important. But don't forget it! Do a resubmission and remember the task. The **1 year goals** checklist will help you to keep track.

My Goals in this Year		
	Date	Notes / Details
To Be		
To Do		
To Have		

Congratulations! After accomplishing all tasks, you already belong to the successful people, because everything follows attention. By writing down your goals precisely you paid attention to it.

In the next HG we'll show you how to keep sight of your goals during daily routine.

## Journal of success – the other side

In the first Happiness Guide we recommended to compile a journal of success. Some customers gave us the feedback that this is a nice exercise but they still grow angry with other persons. The question is how to get rid of the trouble quite fast? If you know people annoying you, we will have a further clue.

This clue we learned from author Mark Twain. If he had persons annoying him, he would write them a letter with everything which annoyed him. Funnily his wife never dispatched the letters. Although no recipient was reached, it helped Mark Twain.

Do the same! Write a letter to everybody who annoys you and file it into your trouble stack. Write down all your feelings and the pressure boils away. After filing the letter, please smile 60 seconds. Yes, smile 60 seconds!

Smile even if you're not in the mood. Your body will release happiness hormones and you will feel much better afterwards. If you follow our advice and read the letter sometime, you will be surprised how the situation has changed.

It may be true that the same people annoy you again and again. Certainly the exercise is a big help, but how can you stop people annoying you?

As mentioned before energy follows attention. If there is a person who annoys you, you will have to compile a list with everything he is good at. In case you think of him, only think of the listed things.

You'll see - it works marvellous.

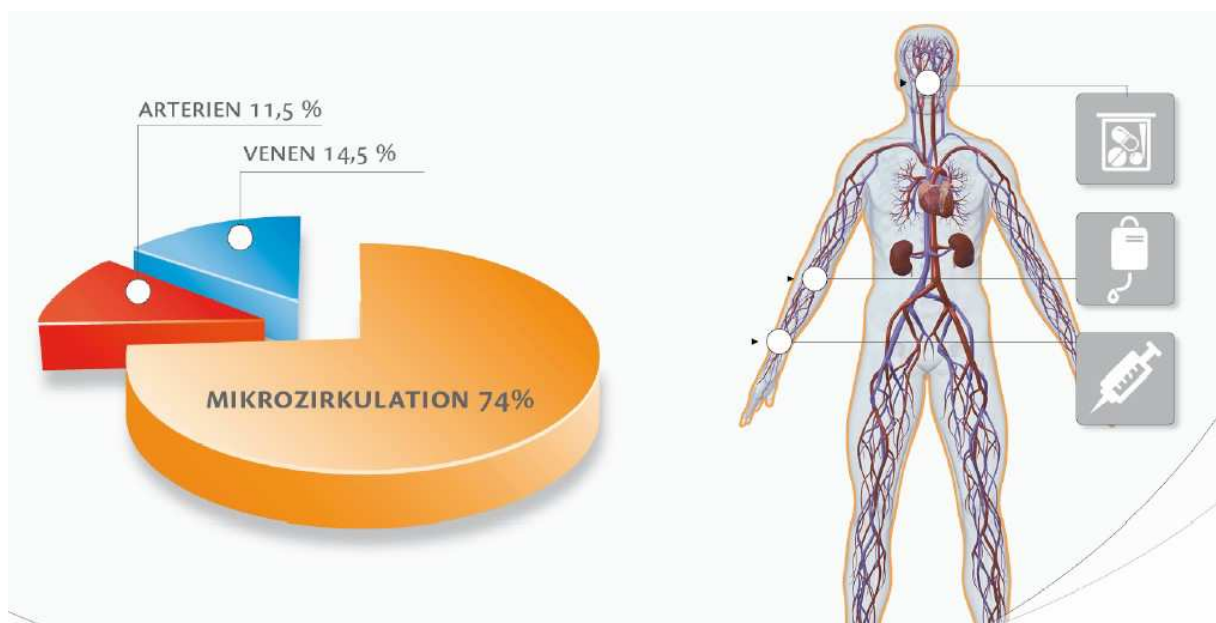


In the last Happiness Guide we already pointed out that the Western style can't be transferred always. We talked about nutrition and some bad habits in the West. Unfortunately the diseases of civilization come to India from the West too.

Although in Germany the people live many years longer than in India it doesn't mean we live healthier. The health in western civilizations is changing dramatically.

As we can't review all diseases of civilization we will deal with basics of 80% of all diseases. Following the medical science as many diseases are caused by disturbed microcirculation.

Maybe the mentioned terms don't sound familiar. What means disturbed microcirculation? What is microcirculation? Probably you know we have a blood circulation to supply the organs with all necessary nutrients. To explain it in an easy way, please have a look onto the picture:



Microcirculation fulfills a very crucial function in the human circulation. This takes place in the fine and highly complex network of small and minute blood vessels, the so called microvessels.

The microcirculation comprises 74% of the entire circulation, performing vital transport and supply tasks. It supplies the 80 to 100 billion cells in our body with oxygen and nutrients and is an important transport route for disposing metabolic waste products.

A restricted microcirculation can cause or facilitate many kinds of disorder and illnesses. It is all the more astonishing that so far no effective treatment has been available to improve restricted microcirculation.

A functioning microcirculation is a fundamental prerequisite for all processes taking place in the human organism: regeneration, repair, growth and healing processes. Microcirculation is essential for producing energy for physical and mental strength. Cells will only operate properly if they are supplied with everything they need.

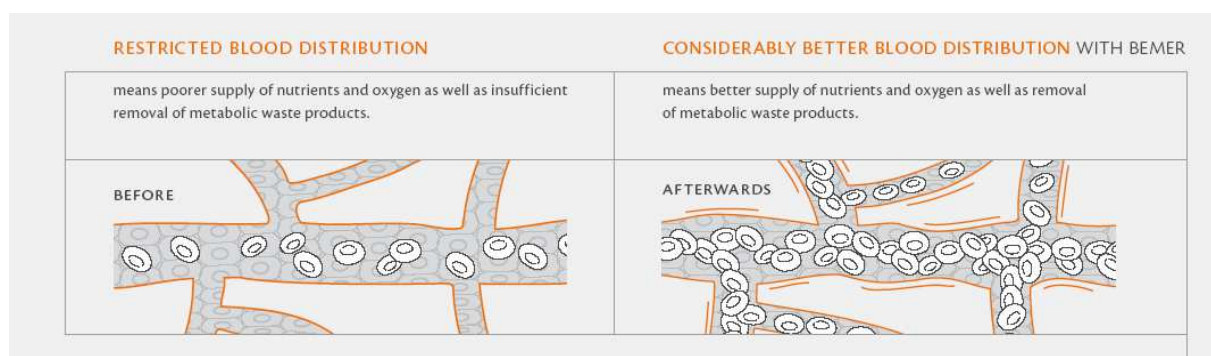
Most people think that the heart must pump the blood through all blood vessels, but it's only responsible for arteries and veins. This are "only" 20.000 km of 120.000 km of blood circulation. Remains the question who is responsible for the rest of the so called micro capillary?

To this our body installed the vasomotion – a vessel movement. By alteration the diameter of the upstream vessels, the blood is pumped through the micro capillary.

It's easy to understand that this very important because if the vasomotion is not working properly, 100.000 km won't be supplied with blood properly.

As mentioned, medical science deduces 80% of all diseases from malfunction. What can you do? Well, nutrition is an important factor, exercising as well. Despite all that, the microcirculation drops after the 26 year of age.

A company from the principality of Liechtenstein, BEMER, developed a therapy "The physical vessel therapy" which generates an artificial vasomotion by a signal.



This signal is as effective that even the NASA integrates the signal into their space suits. Do you want to know more, [>>> click here <<.](#)

In the internet you will find more information about BEMER. Meanwhile many doctors in the West work with the technology to combat the diseases of civilization. There are examples of people suffering from diabetes who could be saved from amputation of their leg just because of using BEMER.

Maybe after all these information you also want to use the technology and own a BEMER too. We as your team Betterliving promised to show you how to lead a better life with richness and health.

In case you followed our advice in the first HG, you're already a premium customer and received your first commissions. Soon you will be able to afford your own BEMER.

If not you will have to read the first Happiness Guide again.

We can make a special offer to all our customers. If you want to buy a BEMER, you will have to send an email to [bonus@betterliving.social](mailto:bonus@betterliving.social). We want you to become and stay healthy and we, also using it, know that BEMER is the best technology to reach this goal.

We support you to get your own BEMER by offering a cash back of € 89.00. We would be pleased if you supported your family and friends by telling them about the Happiness Guide. Thanks a lot!

Now we provided a lot of information. As seen our Happiness Guides are batched.

In the first we laid the foundation how to become rich with our marketing system and successful with our important information. Today we continued building but it's not done yet. Certainly you need to be proactive but your building is already founded. In two weeks we will start with interior construction.

***We wish you all the best while developing your building of success in the next 14 days.***