



Betterliving for everyone ltd.

HAPPINESS GUIDE

IN EIGHT STEPS TO WEALTH AND HEALTH



Part 1

Dear [Vorname],

Congratulations on your first Happiness Guide. We, as your team Betterliving, are happy that you decided to invest € 89.00 into your personal fortune. We would be glad to support you that all your expectations regarding wealth, happiness and satisfaction come true.

Now, we will give you a short overview of the content of your Happiness Guides.

1. In the first 6 weeks we will help you to plan and build up your personal “Building of Success“. From draft, over basement to perfect interior construction the Happiness Guides will point out everything you need to let your “Building of Success“ come true and big.
2. The following 8 weeks we will accompany you on your way to success. Every two weeks you will get tips and tricks to stabilize your success. The first three Happiness Guides are dealing with fundamentals. From the fourth we will start with the professional training for all who want to build up a company or want to be even more successful. All entrepreneurs can be glad to get absolute professional tips for the constitution and the success of their companies in these 8 weeks.

With our Happiness Guides you will accomplish the following goals within 14 weeks:

1. You will be able to have more success in your job or even to establish and run your own company.
2. You will get information for your health which will help you and your family to stay healthy or to become healthy again.

Below, the content of your first Happiness Guide:

- Everybody wants to be successful. Today we will show you the fundamentals of all successful people. Not for nothing it's called Happiness Guide. With these information you can make a lot of money and we will understand if this is your first goal. But money doesn't buy happiness. However, if you earn a huge amount you will have a clue how to start a successful business for the benefit of yourself and your family. At it, we will support you and today we start with the basement.

- Today we also talk about the fundamentals regarding health which is not only addicted to the best doctor or medical engineering. You will be surprised as little you have to do. In the next weeks you will learn about revolutionary therapies as well as premium products in medical engineering. Everything serves as a help to reach your goals easily with power and health. These premium products are very good but also very expensive. If you adopt our marketing plan you will earn enough to invest in health.

Your personal "Building of Success"

In the following we will deal with the fundamentals of successful people. Not everybody wants to become an entrepreneur, but we think the most want to be successful. Of Course, earning money is very important, but there are other things in life counting. For example, you should have a valuable work adding value to society. To reach your goals we give you some rules on your way to success:

1. Take our suggestions and information seriously. Maybe it's exhausting but we promise, you will be successful.
2. Everything you have to write down, write it down by hand.

What are the basics of successful People? Their confidence! Because, your confidence decides about your success, your income and how you feel.

More over your confidence decides about the people surrounding you and how you see other people. In short, your confidence has important influence on success or failure in different aspects of life. So, it's the basement of your life.

Before we start, something else important: consider the basics, because a good basement will make sure to stay rich.

And another thing: Perhaps, you know people grinning all the time – the inherent self-confidence. Believe in me it's a mythos. You will become confident, if you truly want. But, this is why we are here, so let's start.

In the following we will provide you 6 exercises - print and fill in the prepared template at the end.

Exercise 1:

Write down all your talents, skills and positive attributes.

Exercise 2:

Write down the biggest successes in your life! Whereon you are proud of? Look at all areas like school, sports, club, hobby, family, apprenticeship, friendship ...

Exercise 3:

Write down all skills you used to reach these successes.

Exercise 4:

Everybody has unique skills! An entrepreneur is the more successful the better he figures out his own skills and sets up his company on these skills. Ask yourself the following questions and write down the answers:

- How am I unique?
- How do my personal experiences enable me to change something in the world?
- Do I already used my uniqueness to change something in my environment?
- When did I change something?
- How did I do that?

Exercise 5:

Which dreams did you already fulfill in your life?

Exercise 6:

How did your life develop in the last 10 years? Take a piece of paper and make two columns. In the left you write down the status 10 years ago and in the right the status now. How did your skills and assets have changed?

If you accomplish the exercises, you will be happier than before, because you will realize many things making you unique. You can use this uniqueness to improve the world - your world.

We have a last exercise which goes along with you permanent. Download the special e-book on our homepage – it's a journal of success, your journal of success. Every day you write down some information of the day by choosing two or three of the following questions:

- What makes me happy-most in my job or private life at the moment?
- What is motivating me most?
- What makes me self-confident most?
- Who am I trusting - who trusts me?
- What is inspiring me most in my life?
- Whereat in my life, am I proud of most at the moment?

- Wherefore am I grateful most?
- What do I enjoy most in my life at the moment?
- What are my liabilities?
- Who do I love, who loves me?
- How can today be a chance?
- What did I invest today?
- Whose day did I enrich?
- What did I learn today?
- How did today enrich my life and how can I use this experience for my further life?
- Whereat was I overjoyed?

There will be days you won't fill in something, because even successful people have days where nothing works. In case nothing comes to your mind, take some time and read the past records, it will work.

Did you complete all exercises successful? Great, now you laid the cornerstone for your personal success, your personal basement. Apropos basement, did you already build a house? With ferroconcrete?

Concrete is nice, but only with reinforcement it becomes sustainable. Our goal is not only to make you rich with our marketing system, to help you achieving your personal goals with our success coaching in the Happiness Guides but also to be or become and stay healthy for a long time.

Therefore in this and the next Happiness Guides we will provide some information which millions of people in western countries use, to get and keep a powerful body. Not everything, done in western countries, is good and leads to additional health, often it's even harmful. We want to give you the information allowing you to distinguish between good and harmful.

As done in the recent topic, let's start with the basics and things you can do without spending money. In the next Happiness Guides we also will present some products you will can afford, if you use our marketing system.

Flashback in European history: In 1847 **Ignaz Semmelweis**,



a young Austrian doctor, created a sensation among his fellows. He tried to figure out whether neglected hygiene has an important impact on sickness. He determined that there is a big difference whether the doctor washed his hands or didn't. At that time sickness was a matter of life and death.

Two lessons we can learn from that story. For one thing hygiene, especially to wash one's hands, is very important for health, for another thing doctors are not omniscient. The fellow doctors of Mr. Semmelweis weren't happy because they were confronted with their personal misbehavior. Thus Dr. Semmelweis died impoverished in a psychiatric.

Our advice is: "Please form your own opinion" and "an information won't become more valuable, if the annunciator has a title". Especially in the health sector this is a necessary fact.

Perhaps you say: „I wash my hands all the time"! Maybe you guess we have flouting opinion about the hygiene of Indian people. Nothing would be further from our mind. But, in average the German people live 12 years longer than in India! The basis of this medical progress is hygiene.

There is another kind of hygiene which would fit better into our success coaching, but we will mention it here: "The Hygiene of Thoughts". Perhaps you are familiar with this topic. We wouldn't be surprised, because it's origin is India!!!

We have benefited for centuries from you, thank you representatively. But why we still mention it? As in professional sports, only permanent training leads to success. Well, in case you already practice it, skip the following part. If not, you will enjoy old Indian knowledge with us.

Maybe you know situations where you have negative thoughts and think about for hours, sometimes until it comes true. But, why do we do that? Because we think we initiated these thoughts.

Try the following: Imagine a machine sending you thoughts and you have to distinguish between good and bad thoughts as you do in your job. Obtain a waste basket and throw the bad thoughts in. In case bad thoughts come to your mind, throw it into the basket.

Consider all negative thoughts about health crossing your mind: "Today it's very cold, I will get a cold", "My neighbor sneezed, I will contaminate me" ... By adopting this waste basket, your negative thoughts will decrease. Perhaps this kind of hygiene is more important, than always washing your hands.

Another basic area for health we have to deal with is nutrition. Perhaps, you can't imagine why especially we talk about nutrition although the western food only consists of fast-food.

We don't want to give you a lecture about products you have to eat, in which composition or at what time. No, we want to talk about wrong nutrition, because this comes from the west as well. What should you avoid, what should you add!

Let's create charts with the biggest mistakes. Search for your own and try to avoid it in future. It makes no sense to become rich, but to die early because of wrong nutrition. Advertising tries to influence people, but in case you have to fight against overweight, diabetes or even worse.

1. *Permanent snacking*

The latest survey of the University of Surrey pointed out that food to-go makes fat. Activities during food consumption are affecting the feeling of hunger. As explained, the main reason is the distraction.

In consequence you may have snacks more often, because you don't feel sated. During watching TV your hand grabs more frequently into the bag of chips than to the remote control. Similar difficult is the habit of nibbling cookies or chocolate at the workplace. Instead of being good for your nerves you only get on your colleagues nerves.

Limit your nutrition to three square meals a day. In case you can't live without snacks, rely on crudités - cucumbers, paprika or carrots are crunchy, won't make fat and even have important vitamins.

2. *Eating in a hurry*

People eating too fast have a twice as high risk of overweight than people eating slowly - Scientists of the University of Osaka found out. But, it takes 20 minutes before the feeling of satiety sets in. In conclusion, everybody who bolts, normally consumes overmuch. Eat conscious small pieces and chew every morsel up to 20 times before you slug down.

3. *False drinking*

You can't live without your daily bottle of ice tea? The right question is, how long you will live despite your habit? It's important to drink much, but you have to drink the right - preferably water (1.5 to 2 l daily). If plain water was too stale for you, you could try a splash of lemon juice. Alcoholic beverages or calorie bombs like ice tea or lemonade should be limited on twice a week.

4. *Fatty eating*

The escalope is dripping with fat and the deep fat fryer is steaming - once a week a fast-food dinner is OK, but more you shouldn't demand from your body. To avoid misunderstanding: Fat isn't diabolic. To the contrary, it provides essential fatty acids and energy. It depends on eating the right fat. Saturated fatty acids increase the risk of cardiovascular diseases; prefer unsaturated fatty acids from rape or soya, but only 60 to 80 grams a day.

5. *Salty eating*

Do you belong to these persons salting their food even before tried once? What a mistake. Many groceries are spiced over anyway and too much salt leads to diseases like hypertension.

Just 6 grams a day is acceptable. If you add salt, you will have to use salt with iodine and fluoride - important substances for your metabolism. Fresh herbals are healthy and tasty options.

6. *No breakfast*

In a hurry, no hunger, slept too long: There are many reasons to skip breakfast. A valid cause to have a substantial breakfast is your health. Scientists recommend the following low-energy morning snacks: ham, curd, cream cheese, yoghurt, vegetables and eggs. Enjoy your meal!

7. *No ideal cooking*

Everybody who is smart will cook vegetables only a short time with little heat, because big heat will destroy valuable vitamins. Steaming is a better option - cooking above boiling water. Or you stew everything by using as little water as possible.

8. *Floppy eating*

Crunchy and crispy nutriment must be to ingest enough roughage. The recommendation is 30 grams daily. A good choice are whole grain products, cereal flakes or bread.

9. *One-sided eating*

Chips, toast and lemonade - certainly tasty but not healthy! Eat diversified, coloured and versatiled: Fruits and vegetables should be the basement of your food pyramid (five servings a day), potatoes and grain belong to every main meal (three servings a day).

Almost as important are low fat dairy goods (two or three servings a day). Meat and fish should count as supplements (three servings a week). If you choose the whole range, sweets will be allowed sometimes.

10. *Raping the fridge*

A chain around the fridge won't help. You have to change your dietary habits, because brittle diabetes is the reason for ravenousness attacks. Hence you have to supply your body with sufficient energy (no. 9) every 4 to 5 hours. You shouldn't eat after 7 pm. If you're still hungry you will have to eat some nuts against the ravenousness.

Did you revealed your weak spots? We won't expect you to change everything. We want to be honest with each other, don't we. Our recommendation is to set another focus every week. Thus you will become rich and healthier within 12 weeks.

We can summarize our topic health in three important to-do's:

1. Consider the hygiene of your body more than yet.

2. Practice "The Hygiene of Thoughts"

3. Figure out your eating sin of the week and avoid it.

The Happiness Guide team wishes you joy at making money and observing your personal successes.

We will get in touch in 14 days with further great information for your success!