



Betterliving for everyone ltd.

HAPPINESS GUIDE

IN EIGHT STEPS TO WEALTH AND HEALTH



Part 1

Dear Customer,

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 earn a significant amount of money.
2. You will be able to have more success in your job or even to establish and run your own company.
3. 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:

- Regarding money making, today we will show you how to earn money immediately.

- 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.

Let's start with "How to get rich within 12 weeks"?

The marketing system of Betterliving

Your chance to earn money as easy as possible.

How is our marketing system working?

Thank you for your confidence and investment in our Happiness Guide. We don't know whether € 89.00 is much or just little money for you. But we know that you had to pay thousands of dollars for the information in our Happiness Guide in a personal coaching.

This however isn't affordable for the majority in India. More over especially the people who needs these information most couldn't afford it. Therewith many people are able to afford these information, we put everything into an efficient and cheap, 8-episode, batched e-book.

We are firmly convinced that our information in the Happiness Guides will help you fast to become more successful and to lead an appreciable better life in future. Maybe you already heard from your friends recommending the Happiness Guide: We have a special gift for you!

Our brilliant marketing system!

The goal of our marketing system is to enable our customers – thus theoretically everybody in India – to get a better life soon. Therefore it's possible to earn a lot of money immediately.

Our first priority: **EVERY CUSTOMER** can benefit from our system.

Every customer - also you – can

- ✓ without any special education
- ✓ without spending a lot of time
- ✓ with just a little effort
- ✓ without any kind of risk
- ✓ with only a few recommendations.

earn a lot of money almost immediately with our brilliant marketing system.

Perhaps you think that can't be. What would it mean to you if it was true and you could lead a better life within three months? What would you do? We can imagine you want to know more about this great opportunity.

Hereafter we will present in detail how to earn over € 50,000.00 within 10 weeks. Interested?

Betterliving offers every customer this huge opportunity with the following business idea. It's the easiest system to earn money ever.

This marketing system offers customers of Betterliving who already bought our Happiness Guide - in this case you - the following advantages:

By recommending us and our fantastic Happiness Guide you can recruit new customers. As soon as your first recruited customer is on board, you will receive your first commissions.

For the first and the second customer you will receive € 4.00 each. Afterwards € 24.00 each. As soon as you have recruited three customers you will get access to the advantages of our marketing system.

New customers who you don't know and most possibly never get to know either will be allocated to you anonymously by the marketing system. Of those you will receive € 20.00 each.

As soon as these customers recruit others, you can automatically receive thousands of Dollars because of the mathematical algorithm. We will balance your commissions and transfer the money to your personal payment gateway.

In conclusion: If you work successfully with us you will receive money every week.

By a new mathematical algorithm the Betterliving platform prevents the stagnation of commissions. It will be enough if everybody only recruits three new customers in order to earn a quite big amount of money.

Even if the average is less than three customers because some customers don't recruit new customers, the marketing system and commission flow won't stand still. You can watch the explanation video several times to secure full understanding.

Every customer can become active within the “customers recruit customers” marketing system without any fees or costs; thereby achieve a constant and above all passive income.

The expansions of your commissions are explained in the video in a realistic and understandable way. You always can top your profit by recruiting new customers anytime you want! You will earn much more money than invested in the Happiness Guide.

Our Happiness Guide will indicate a lot of ways to get a happier life. Our marketing system for example is a very easy and simple way to earn much money and to become happy.

Betterliving is not only the name of our company it is our program for a better life for all people who joined Betterliving.

Our marketing system in 18 steps

The meaning of the marketing system will be explained in the following.

To make it easy we will follow a detailed example.

For a better understanding of our marketing system (multi-level-marketing-system) you must know that it has only two levels. The first level is "customer" and the second level is "Premium-customer".

Step 1:

As you are a customer of Betterliving you will be graded automatically in level "customer" in our marketing system.

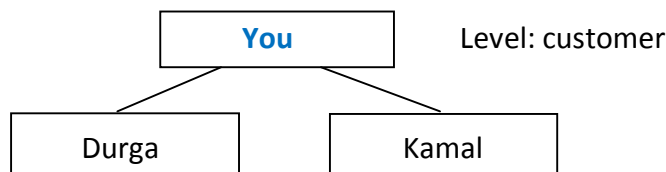
You = Customer

Level: customer

Step 2:

Now you recruit your first two new customers Durga and Kamal.

Thereby you will earn € 4.00 each as a "customer", hence altogether € 8.00.



Step 3:

When you have recruited two new customers successfully, you automatically become a "Premium-customer".

You

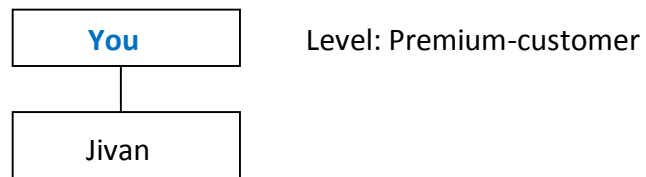
Level: Premium-customer

Step 4:

Now you recruit your third new customer, Jivan.

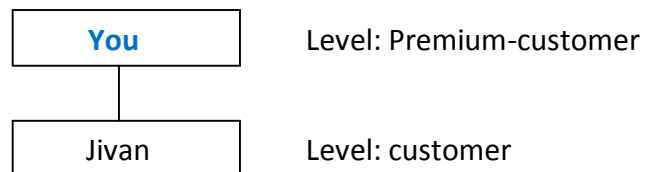
Thereby you will earn € 24.00 as a “Premium-customer”.

For every additional customer you recruit in the future, you will also earn € 24.00 each.



Step 5:

As Jivan is a customer now, he will be graded automatically in level "customer" too.



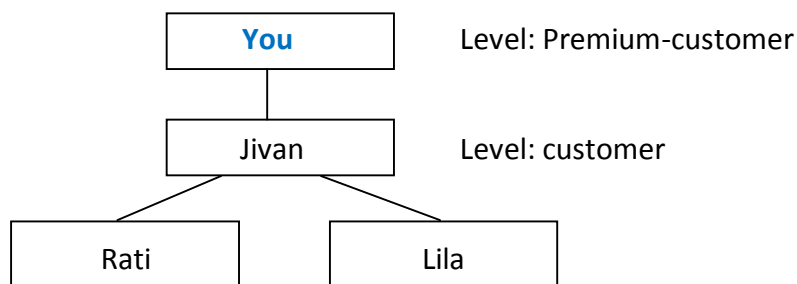
Step 6:

In our example, you don't recruit any further customers but Jivan does. His first two new customers are Rati and Lila.

Jivan thereby earns € 4.00 each for his recruited customers in his level "customer", thus altogether € 8.00.

You earn € 20.00 each, thus altogether € 40.00.

At this point you already earned money without being "active" yourself!



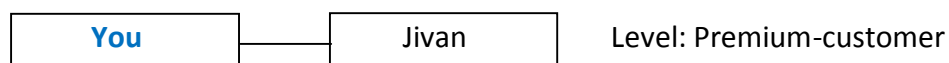
Step 7:

Just after one week, you already earned € 72.00 and almost entirely balanced your contribution!

Step 8:

Jivan also will become a "premium customer" automatically after his first two successful recruitings.

As soon as you and Jivan are on the same level, you won't get any further commissions for Jivan's new customers.

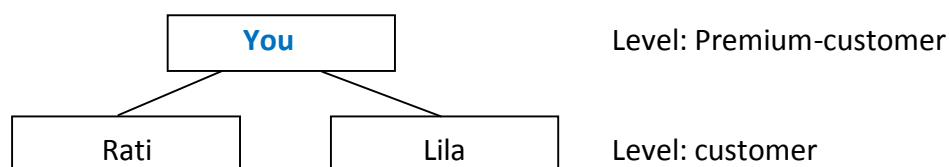


Step 9:

However, Rati and Lila are placed into your “tree” now, because the first two new recruited customers are always assigned to the customer “above” who previously has advertised the recruiting customer.

In our example: You recruited Jivan, so his first two new customers – Rati and Lila – are assigned to you.

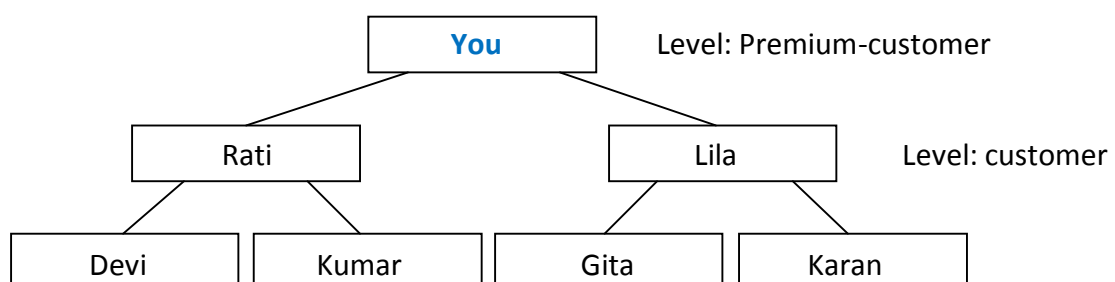
After Rati and Lila have paid for their Happiness Guide, they are on level "customer".



Step 10:

Now Rati and Lila are recruiting their first new customers, Devi, Kumar, Gita and Karan.

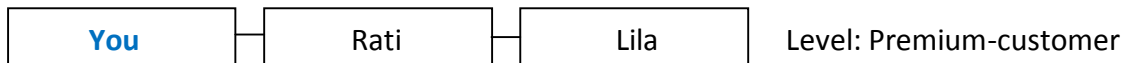
Thereby Rati and Lila earn € 4.00 each and you € 20.00 each, thus altogether you earn € 80.00.



Step 11:

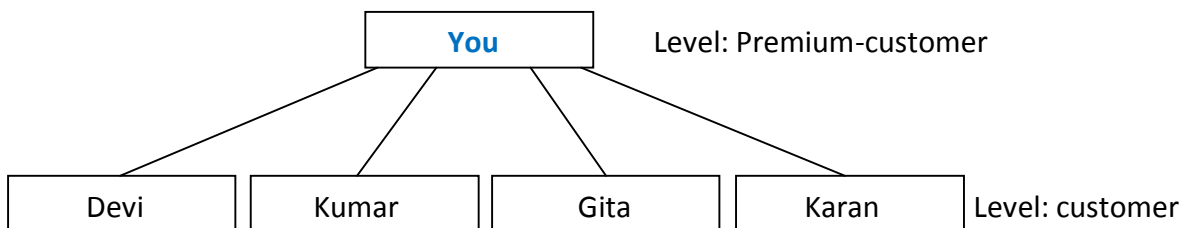
Now Rati and Lila rise to level "Premium-customer" after their first two successful recruitings.

Now you won't get any commission when Rati and Lila recruit new customers.



Step 12:

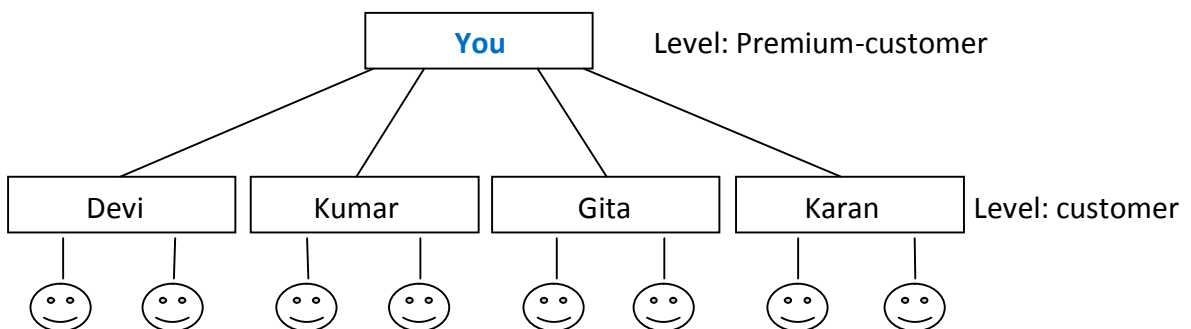
However, now Devi, Kumar, Gita and Karan are placed into your tree. As they already paid for their Happiness Guides, they are in level "customer".



Step 13:

Now Devi, Kumar, Gita and Karan recruit their first two customers each.

Thereby Devi, Kumar, Gita and Karan earn € 4.00 each and you earn € 20.00 each, thus altogether you earn € 160.00.



Step 14:

Now you did not only balance your purchase price for your own Happiness Guide for your better life but also earned money on top.

And how long did it take?

From experience, on average it takes one day, until a customer recruits a new customer successfully.

Therefore, this example would take 10 to 14 days.

Step 15:

If every future customer only recruits two new customers and this takes one week on average, your earnings will develop as follows:

1. Week	€	320.00
2. Week	€	640.00
3. Week	€	1,280.00
4. Week	€	2,560.00
5. Week	€	5.120.00
6. Week	€	10,240.00
7. Week	€	20,480.00
8. Week	€	40,960.00

After approximately ten weeks you already earned about € 81,600.00.

Step 16:

Of course, this marketing system will not work endlessly because the number of people is natural limited. But, worldwide there were and there still are marketing systems in different economic fields which have created a sheer endless number of prosperous people and are still creating.

The only question for you is: Will you be one of these happy people or the one who does not believe it could work?

Right now, it works for sure - you only have to join!

Step 17:

With your customers who have decided to recruit new customers quickly, you will earn lots of money.

Trustworthy, mathematical calculations project that customers who become active in the first 12 months after starting the marketing system and at least recruit three new customers, will earn a total of € 150,000.00 to € 300,000.00 within the first 12 months.

There are no limits: If only one customer recruits e.g. 10, 15, 20 or even more customers, higher earnings are possible.

However, there will be customers who earn just a meager amount caused by mediocre effort, for example € 1,000.00.

As well, there will be customers who only earn very few, for example only € 200.00.

And of course in the future, probably in few years, we will have customers who don't want to earn anything in the marketing system. But, with the Happiness Guide there are many advantages in life and maybe thus they earn much money in another way.

Due to the way the system works, you earnings depend on the closeness to the end of our system. It is mostly unpredictable but someday the system will stagnate, because there are no customers left.

That day the marketing system will be closed, but there will be new ways of earning money successfully!

Step 18:

The specific development of your personal profit can hardly be predicted. However, the possible result depends on the customer's personal effort.

If you believe that,

- you can recruit at least three new customers
- these customers can recruit at least two new customers
- and these new customers again can recruit two new customers

The purchase price for your own Happiness Guide will be reimbursed within about 15 - 25 days and you additionally will have scored your first profit.

Furthermore, if you believe, that over a course of only three months each new customer at least recruits three new customers, you will earn lots and lots of money and will be able to afford a whole new living standard.

You will be able to afford things you never thought of before. You will be able to support your family, enjoy best medical care, buy a new car, don't waste time thinking about how to afford life when you're old, etc.

This is the real and brilliant purpose of Betterliving!

Your personal "Building of Success"

Now we talked a lot about money; indeed, a very important topic. But, 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. As shown in the last chapter, earning money can be quite easy, 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: Maybe, you already noticed that you can earn a lot of money, even become rich, with recommendations. But, 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 - you print and fill in the prepared template in your personal account.

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 do 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!