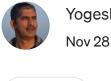




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Yogesh Haribhau Kulkarni Nov 28 · 1 min read · • Listen









## **Summary of "Being Happy!"**

A book by Andrew Matthews

## **Original Source**

"Being Happy!" by Andrew Matthews (Book, 132 pages)

## **Jottings**

- Always speak well of yourself and consistently visualize your life working as you want it.
- Being egotistical and having a healthy self-love are complete opposite.
- Give and accept compliments.
- Keep your body healthy.
- Don't expect anything from others.
- The best thing you can do for the poor is not to be one of them.
- In order to make money or save it, you need to be comfortable with it.
- The easiest way to improve your mental state is to take action, get involved and participate.

Dan't wait A watched not nowar haila









- Learn from the situation.
- Life is not THAT serious.
- Use your mind as the great composers, scholars, artists, inventors and sports people have used.
- Make a habit of refining your abilities through your imagination.
- Be fearless.







