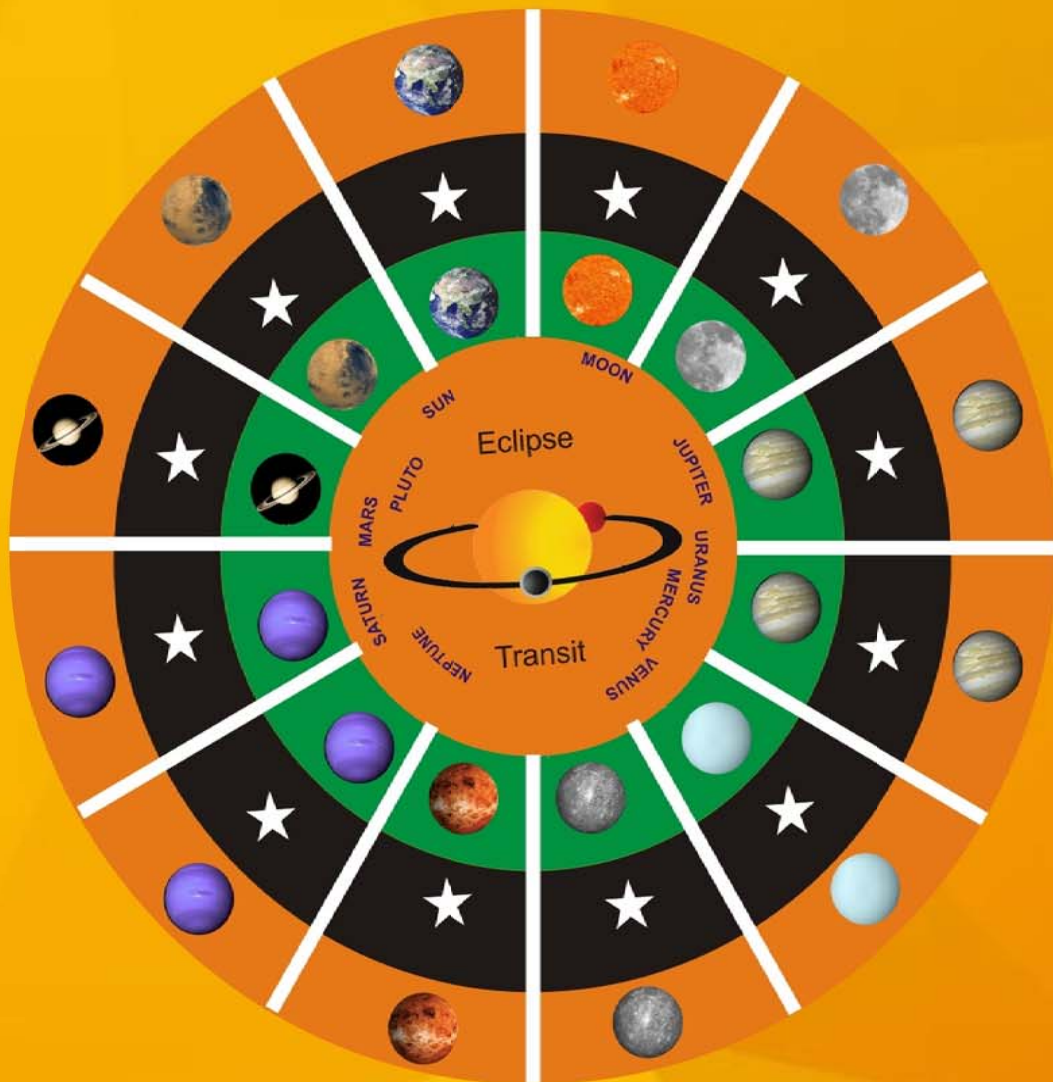


**FORGET WORRIES NOW  
ENJOY LIFE BE HAPPY**



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**BY BALDEV BHATIA**

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# **INTRODUCTION**

## **FORGET WORRIES NOW**

### **ENJOY LIFE BE HAPPY**

Forget Worries Now Enjoy Life Be Happy What do we think about the Good and Happy Living? The feeling of happiness or sadness is within us. It is said that happiness is purely our own matter. Though it has got something to do with our external circumstances. But there are certainly some positive factors within us that keep us happy and there is something negative within us also which keep us unhappy. Happy living through positive and good thoughts, is nothing more than that of living a normal life free from undue pressures, problems and tensions. If we want to live a good and happy life then we need to get rid of the negativity within us which makes us unhappy. Negative approach always complicates the problems and increases unhappiness. Most of us do the fatal mistake of looking outwards for happiness rather than looking inwards. Be positive, be strong, be bold and be courageous you are sure to find the feeling of happiness within you. Even if we are having a bad day, think of some good things that may come our way, either later that day, tomorrow, next week, or next moment. When everything seems to be beyond our control, it's almost too easy for us to slip into the grasp of negativity and unhappiness. To avoid sadness we must strive to abolish this sort of thinking through the power of thinking positively and generate the feeling of happiness within us.

The art of sweet living is not a complicated kind of art difficult to learn rather a simple art of happy living feeling well, eating well, and thinking well.

What we need to do is just to tune up our mind to enjoy every moment of life and let the sweet happiness follow us. This is something that needs to be looked into thoroughly. We need to focus on the positive aspects of lives, rather than on the negative setbacks and enjoy every moment of life happily and merrily. Enjoy your life with cheerful talks. Be happy and cheerful. We must remember that happy living is the reward of sweet and positive thinking. We ought to remember, only the positive thinking can bring happiness in our lives. If we cannot think positively, you cannot live happily. Be our own teacher or adviser we ought to look everything with a positive angle. Let us find something good even in most critical moments of our life and let us make positive thinking the basis of our happy living. It's a matter of thought that fools worry about the circumstances on which they have no control. The wise live on positive good and happy thoughts.

A sound and positive happiness is all around. It's not far away from us. If we do not want to live happy, it's up to us. It's our own choice. We must not blame others, nor should we blame our fate or external circumstances.

Another thing is that feeling confident affects the way we perceive our situations and how we decide to manage them. Think that by being more optimistic we alter our approaches to situations and take on them in a healthier manner; we think of alternatives and act according to better outcomes. All our efforts lead us to good and happy living.

If we think we are positive and happy, it will be positive. It does not say to stick our heads in the soil; rather it says to think positive. Interestingly it does not say feel positive it says think positive and that is the real meaning to remain

happy. Positive thinking, good and happy thoughts make us to live happily.

Happiness does not come alone, it adds our minds body and soul to remain in constant touch with each other. We have to remove negative thoughts and create an atmosphere to be happy in our lives. There are many fear factors that are reasoning us to be unhappy and the main reason being that our heart and our feelings which are more susceptible to fear and worry than the mind.

We do the worrying in our minds but it is our emotions that make us more worried not our brains. When the heart senses the possibility of loss it can start panicking and then uses the mind to worry and many times tries to manipulate the brain in dealing with the fear. The heart desires something and gets excited about it and then it manipulates the mind to assure that it will get it. Although the brain can control the emotions and knowledge can proceed all.

However when it comes to response time the brain is slower than the emotions. That is which explains why we say or do things and then regret them. It would be very hard to tell someone who is worried to feel happy. But if you tell him to think positive that is something even a worried person can do. We need to use our mind to think to be happy and positive. Our objective in life should be to train ourselves to wait for the brain to show up before we say or do anything. Fear usually comes from the emotions and thinking positive is something the brain is capable of doing, making happy living as the key to success. Just think of sweet and happy living. This simple task can be done by thinking positive as it brings positive results in its wake; when you react in a positive way to a negative situation you usually get positive in return and the feeling of happiness is born in you.

Positive mental attitude is effective in many ways. There are limits to the effectiveness of positive and happy thinking. Do we try to assume that the persons who are not treating us the way we should be treated are themselves in pain and needs our love and advice to be happy in life and lead a good, sweet and happy life? It is therefore a must for us to learn and understand that we need to be positive first and we must think to be happy in the interest of our sweet and happy living.

This is the art of happy living- Be positive be strong be happy. The feeling of leading a happy life is not to be negative at all. It is said that happiness is purely our own matter. Though it has got something to do with our external circumstances. But there are certainly some positive factors within us that keep us happy and there is something negative within us also which keep us unhappy.

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# CHAPTER 1

## LEAVE WORRIES NOW

Thought which are provoking our mind, about the uncertainties and the negativities, as to what will happen tomorrow. Worries are repetitive thoughts associated with feelings of anxiety in anticipation of some negative future event. Whether the worries are about financial crisis, family problems, work, health or any topic of concern, the anxious feelings produced and sustained by the imaginary thoughts which always distinctly appear to be unpleasant. Worrying will carry tomorrow's load with today's strength. Worry will not empty tomorrow of its sorrows, it empties today of its power and strength. Worries make you to move into tomorrow ahead of time. Half the worry in the world is caused by people trying to make decisions before they have sufficient knowledge on which to base a decision. Why worry about the future. Just imagine as to what if we just acted like everything was easy and there was nothing very serious about it to come in future. Worry often gives a small thing a big shadow and its surrounding do frightened with more scary things. Why worry about tomorrow; concentrate on today happening as for tomorrow will worry about itself. Each day has its own worries and troubles. If there is not any solution to the some problem then do not waste time worrying about it. And if there is a solution to the problem then why waste time worrying about it. Worry will never rob tomorrow of its sorrows, but will only deny today of its meaning happiness and joys.

Worrying is actually a form of superstition and creates false images in our mind and that is the main reason and cause which makes and leads us to this point of imagination. A human being can survive almost anything, as long as he or she sees the end in sight. If something bad or good is to happen it is sure to happen, whether we worry or not. Let us put our energy into today and stop worrying about the future and past. We should not foresee trouble, or worry about what may never happen as past is dead and gone forever and future is uncertain and yet to come. The basic facts we should know about worry. The basic techniques to analyze worry and how to break the worry habit before it breaks us. These are the simple ways where we can concentrate and get rid of worries prevailing in our thoughts. Analyse worry to see and get the reasons and facts of worry. To avoid reoccurrence of worries, concentrate on prayers as prayers are the best source of remedies of the prevailing worries. The more you pray, the less you'll panic. The more you worship, the less you worry. There is nothing that wastes the body like worry, and anyone who has any faith in God should need not to worry about anything whatsoever is to happen in future. We ought to know the basic fundamental of analyzing worries. Worries create unnecessary thoughts and these are caused by people going in for unwanted decisions, fore hand not even knowing as to when a good decision is made and not even having sufficient knowledge about it. We must first study and after carefully weighing all the facts than only come to a powerful decision. Simply making castles in the air won't solve our problems but add more to our vows. Anxiety and worry can go hand in hand.

When anxiety grabs the mind, it is self-perpetuating. Your mind gets clogged with numerous with buts and ifs. Do not worry about your life. Worries are repetitive thoughts associated with feelings of anxiety in anticipation of some negative future event. Yet anxious feelings and the worries that lead to them can prove helpful. It becomes a difficult problem if you are constantly anxious as it will become a hindrance to your everyday life, rather than motivate you to some good and better things. Never worry alone.

Worrisome thoughts reproduce faster so one of the most powerful ways to stop the spiral of worry is simply to disclose the worry to a friend. What you will eat or drink; or about your body, what you will wear. If you know that the circumstance is beyond your control or power change than revise it to your liking. Just try to put a stop-less order on your worries. Don't permit little things which become insects of life to ruin your happiness. Co-operate with the inevitable. Decide just how much anxiety a thing may be worth and refuse to give in anymore. All the happiness is not given in one go it comes slowly and slowly.

If your worries center on, an important relationship in your life, pay special attention to remain positive and be happy. To keep yourself happy, treat your worried thoughts as valuable signals. How to keep from worrying about criticism? Simply unjust criticism is often a disguised compliment. It often means that you have aroused jealousy and envy. Let's keep a record of the fool things we have done and criticize ourselves. The utmost cause of worry is your state of depression. Worries are there to motivate information-gathering and problem-solving. Depression is the inability to construct a future.

Depression is inertia. That's the thing about depression: But depression is so insidious, and it compounds daily, that it's impossible to ever see the end. Depressed people think they know themselves, but maybe they only know depression. There are no hopelessness than this to get depressed. Our attitude towards suffering and depression becomes very important because it can affect how we cope with suffering when it arises. Depression is nourished by a lifetime of un-grieved and unforgiven causes. Never worry about your heart till it stops beating. How can you deal with anxiety? You might try what when you did. A person worried so much that he decided to hire someone to do his worrying for him. Times will change for the better when you change. Worry is a misuse of the imagination. Worry is most often a prideful way of thinking that you have more control over life and its circumstances than you actually do. To keep yourself happy, treat your worried thoughts as valuable signals. These are the fundamental facts you should be familiar about worries. A huge factor to stay happy is to cater your worries around, an important relationship in your life and pay special attention sustaining positive relationships. Worries are there to motivate information gathering and problem-solving. Make your mind firm and do come to a positive decision as come what we will not allow the worries to entire our mind and soul. Once a decision is carefully reached we should get busy carrying out our decisions and should not bother about all the anxieties that are about to come. When we, or any of our colleagues or associates, are about to worry about a problem, we must write it out and think of the following questions:

Instead of worrying about what people say of you, why not spend time trying to accomplish something they will admire. What if we just acted like everything was easy? How would your life be different if you stopped worrying about things we can't control and started focusing on the things we can? Let today be the day. You free yourself from fruitless worry, seize the day and take effective action on things you can change...

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