



**Happiness :10 steps to be happy for a more relaxing stress free life: 10 steps to be happy for a more relaxing stress free life (meditation,how to be happy, relaxation, stress free)**

*Tim Francis*

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## **Use these ten steps to take action in taking control over your happiness!**

On a day that is not as pleasant as you had expected it to be, I dare you to sit back and look around yourself; at the shelves around you, at your work table, at your kitchen, your wardrobe, your colleagues, your family, your children and finally, at yourself. Don't worry if the stocks are falling, the children are painting the walls, the files are pending or the coffee is spilling; take five minutes out of your schedule and ask yourself if you are really happy with life. No, I am not setting career goals for you nor am I asking you to quit that corporate job, let go your cherished salary, pick up your SLR and hit the roads to pursue travel photography. As happy as it would make me, you might very well love what you are doing, but even after experiencing success in life, if you feel saturated, are always at the brink of losing it and feel like giving it all up, you have probably come to the right place.

I am here to challenge your idea of happiness. To show you alternate means of staying happy while being busy and successful. While most people you know would ask you to only concentrate on happiness, I take a different route. Happiness is a relative term. Like they say, "One man's meat is another man's poison", happiness, as a state of mind, varies from person to person

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