



SECRET TO HAPPY LIVING

A Must Read

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Introduction

In the heart of philosophy the greatest question of all, from ages to ages has always been about life.

Thinkers, religious masters, philosophers and so many others have all been searching for answers. Trying to understand what life is, and how to live a meaningful life.

So there are two groups of people. There are those who think about life and come up with some kind of solutions, and there are those who just apply those solutions to their life.

Just as the laws are passed and people must live accordingly. So the way we live, think, and decide is all based on what we believe., our culture, our worldview, or our religion, all passed unto us through ages.



We Are A Social People

No matter what each person believes and decides to do with his life, there is no doubt that we are all social people by nature.

This truth is not a matter of one man philosophy, but the very nature teaches us this truth.



There are so many things that the nature itself teaches us, but we just ignore them.

Look at the animals and birds, they know that they are to live together after their kind. They don't try to change who they are or what they are. They just know that they have to live that way. And by living according to their nature, they are fulfilled.



The nature itself shows us that we can't live isolated from others. We were made to be together. That's how we find fulfillment. That's how we start living who we really are. No matter how a person may decide to live otherwise, he can't nevertheless refute this truth. Fighting the way of the nature leads to chaos, following the way of the nature leads to balance and stability.

Why Are We A Social People

The very simple reason why we are made to live together is because a person can't live a fulfilled life in isolation from other persons. The fact of the matter is that no one was made for himself. Everyone lives to be a part of a whole. Each person has a role to play.



Everyone has a life purpose and should live to fulfill that purpose, and only then, his life finds meaning. Our society has become so selfish that people only think about themselves and what they can get.

It has become nowadays difficult to see people caring about what happens to their fellow human. Our community has become even worse than animals

Animals live for each other. They take care of each other.

But what do we do? killing each other, stealing from one another, destroying one another, and turning a blind eye on other people suffering while having the ability to turn things around.





We Need To Understand

Until we understand that we are here to be social and be there for one another, our society will continue getting worse and worse every day, and no matter what strategy we can come up with to make life better, it won't do much. Living frustrated and anxious may be a result of being out of balance



As I said previously, fighting our nature will result in frustration and chaos. In the context we are talking about here, one will notice that thinking only about yourself, about what you should have had, what will your future be, what may happen to you tomorrow, will lead, in most cases, to **frustration and depression.**



Try to forget first about yourself, look around you, and you will see that there are people who are less fortunate than you are, people who have more problems than you have.

Those who really need your help. Just look around, there are there waiting for you.

Inspirational Story

There is a story that has been told. There was a man who was frustrated and complaining about his life.

As he was doing so, he looked through his window and saw a very poor man picking the food that he had thrown in the trash.



At the look of that, the man stopped complaining and started to thank God.

He thanked God because he had at least enough food to eat and did not have to pick up from the trash like the poor man.

It was probably the first time he ever realized he that he was blessed.

As the poor man was also complaining because of him having to pick up from trash, he saw an ambulance taking someone extremely ill to the hospital. The poor man stopped complaining and started thanking God because he was at least healthy enough to move around and even eat something.





Reaching the hospital, the sick man saw a corpse being carried away, the person had just died.

The sick forgot about his sickness and started thanking God because he was at least alive and still not dead like the other man who had just died.



We Are Made To Live Together

If we can just stop thinking about ourselves for a while and look around us, we would see that there are people who need us.

People that we are shutting down just because our selfishness has blinded us from realizing that they really need us.



The life of soldiers in war should inspire all of us. Soldiers in war understand that the key to them getting out there alive is to be there for each other. They know that they have to fight together. They have to cover each other.

And in war, soldiers don't leave a wounded brother behind.

IF You Win, I Win

Soldiers are ready to sacrifice they own life to save the wounded man who is taken down by enemies.

A soldier understand that success and victory come when he stands together with the group.



We are also like soldiers, and life is always a battle. Unless we stand together to fight this war, we will be defeated by the challenges and problems of this world.

Don't say that you are not your brother's keeper. We are all brothers' keepers just as soldiers are in war.

If we start thinking about others and of what we can do to help them win their battles, our own victory start to manifest.

It's a spiritual and also natural law that if you help others, someone will also help you.

This is not an opinion, it is a spiritual law. It's real, and it works.





Conclusion

If you take care of someone's problem, someone will also take care of yours. I know of that for sure. I experienced it in my own life and in the life of many others.

You want to get rid of your frustration and anxiety, stop thinking about yourself, look around and find someone who needs your help.

In doing that, the pressure will be taken off your shoulders because of the joy of helping out a person, and before you even know it, your problems will be also taken care of. And you will realize that living for others is actually living for yourself.

Need Professional Help?

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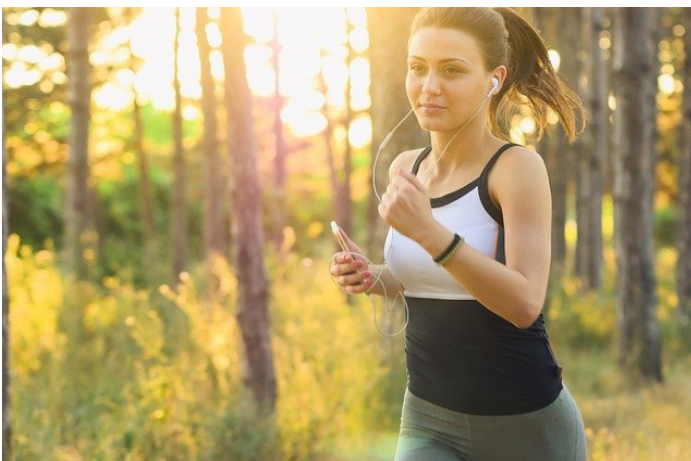
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Physical Exercise

If you are having trouble sleeping, and you don't already have a regular exercise program, you should start one if you want to sleep better. Exercise is beneficial to sleep in several ways. For example, exercise raises the body temperature rhythm and allows your body temperatures to 'peak' at a higher level. This, in turn, increases your energy level during the day, so you'll feel more motivated and alive. And just as body temperature reach its maximum at a higher level through exercise, the body's temperature will also drop further and more easily. This lets you sleep more deeply without interruption.



A regular exercise routine prevents your body's temperature rhythm from remaining relatively level throughout the day. With an appropriate body temperature rhythm, you will find that you can get a deep sleep even if you've had a stressful day or can't perform your regular exercise on a certain day. Exercise also delays the drop in the body's temperature in the evening, and this delay lets you remain awake and alert for a longer time without feeling drowsy or tired. And, as everyone knows, exercise is a great stress reliever, and stress is one of the main reasons for the development of sleep disorders. [>>>Click Here To See This<<](#)

Plan Out Your Meals

The goal in planning your daily diet is to focus on meals that are low in fat, high in fiber, contain protein and have complex carbs. This ensures a slow breakdown of sugars and regular energy throughout the day. Having a good breakfast is the first and most important step in building up your energy stores to get through a busy day. Even if you aren't particularly hungry, you should eat within four hours of waking

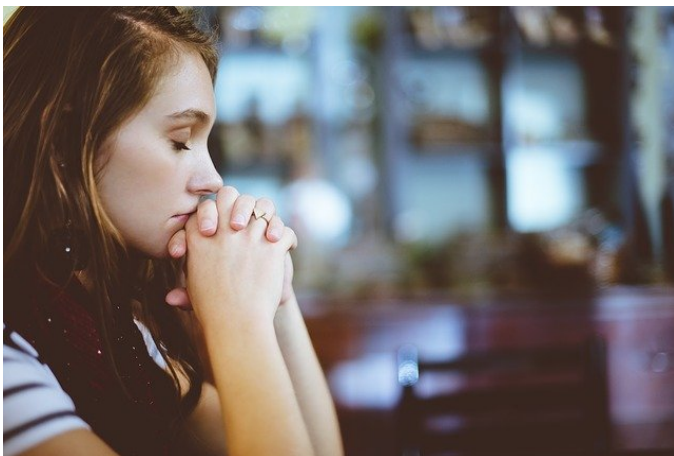


What you eat for breakfast should account for about 25 percent of the day's calories, so go for low-fat, high-fiber cereal and mild or a complex carb such as a bagel with juice. Avoid foods with a high level of simple sugars; the sudden energy boost will be quickly canceled out by a crash in energy later in the day.

Staying hydrated can also help. Drinking at least six glasses of water a day can keep you from feeling sluggish and tired. My recommendation: [>Click Here To Find Out<](#)



Feed Your Spirit And Soul



Dealing with our persistent fears and anxieties can be very difficult. As a result, relying on God can be very effective in managing your persistent fears. With this in mind, here are some suggestions on how a person should rely on God in his or her own struggles. God is stronger than your fears and anxieties. A person does not have to be religious to use the power of God.

When the going gets tough, talk to God about your problems as if you were talking to a friend. Be persistent and be open in the avenues that God may provide to you in solving your problem. It is not always easy, however God is in control and he will help you if you ask him. Go to a church or to a quiet place and pray to God. Tell God how you feel and ask him for his help. Prayer can be very, very effective. Also, get others to pray for you. Consistent prayer is the key in asking God for help. Read the Bible and try to apply it to your life. Each and every day, a person should make it up a habit to talk to God and ask for his help. Come For Prayer On Zoom Mon-Sat at Noon: [>>Join Here<<](#)





THANK YOU

We Welcome Your Feedback

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Take Care And Be Happy.