

A COURSE IN HAPPINESS

A person with long blonde hair, wearing a dark jacket and a black beanie, stands on a large, grey rock on a mountain peak. They are looking out over a vast, hazy valley filled with evergreen trees. The sun is low on the horizon, creating a warm, golden glow across the sky and the landscape. The overall mood is peaceful and contemplative.

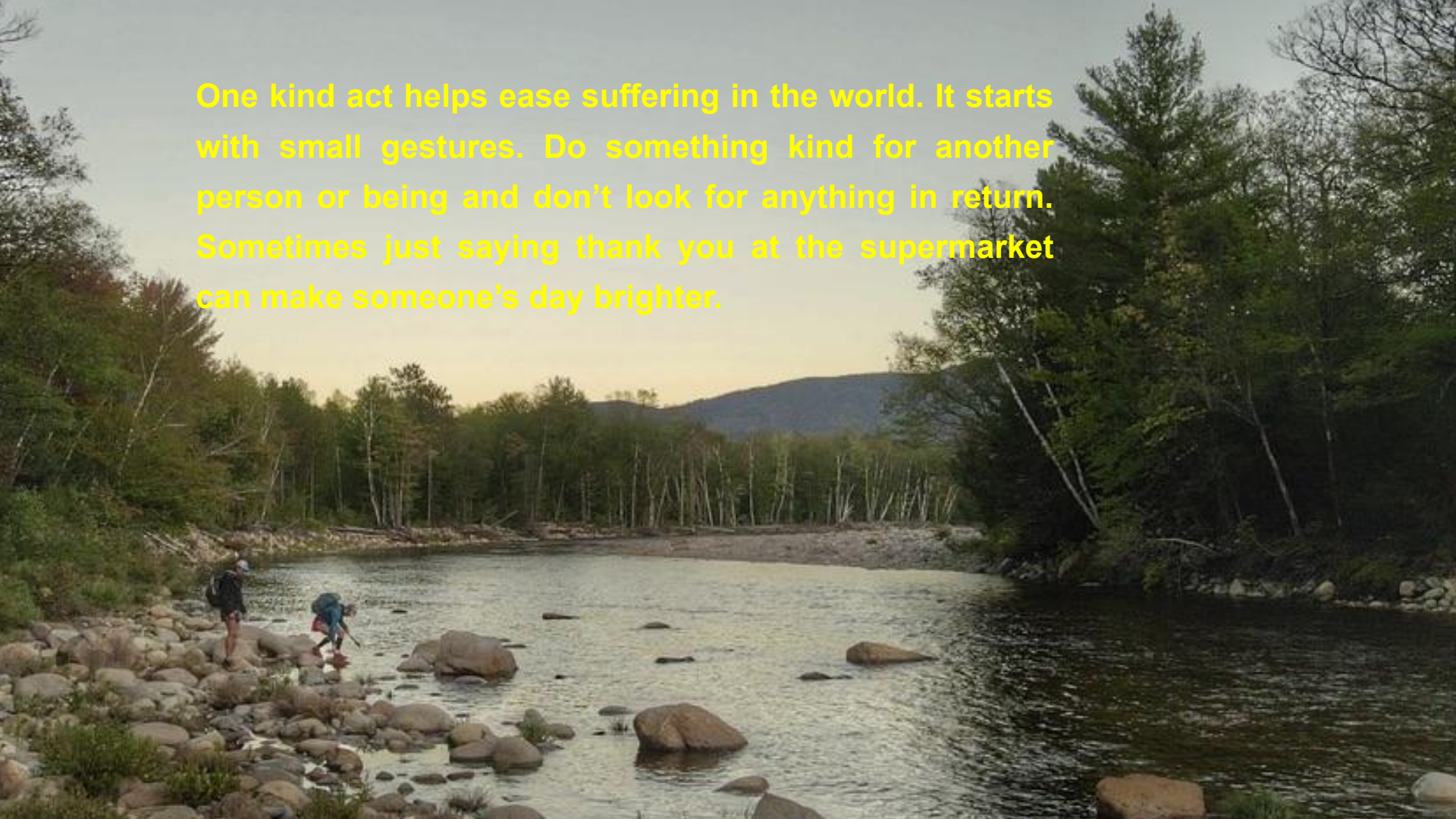
LIFE'S BIG QUESTIONS (MADE REAL SIMPLE)

SIMPLE WAYS TO CREATE HAPPINESS

Gratitude: find one thing to be thankful for. When we do, we open up to kindness on all levels of our experience. For those who are in pain or feeling a sense of loss or sadness, keep it simple: be thankful for the sun rise, hearing your favorite song, or a happy memory.



One kind act helps ease suffering in the world. It starts with small gestures. Do something kind for another person or being and don't look for anything in return. Sometimes just saying thank you at the supermarket can make someone's day brighter.



STOP CHASING HAPPINESS

A high-altitude mountain landscape at night. The scene is dominated by a large, snow-covered mountain peak in the background. In the foreground, a series of colorful prayer flags (red, yellow, green, blue, white) are strung across the frame, leading from the right side towards the left. Below the flags, several tents are visible, some of which are illuminated from within, casting a warm yellow glow. The overall atmosphere is serene and contemplative.

Our thoughts are very powerful. The thoughts that make up a great part of our conscious life create the person that we project out into the world. Thoughts create the tone of our lives.

Exercise the power of creativity, every day, starting with our thoughts:

Our thoughts become our actions

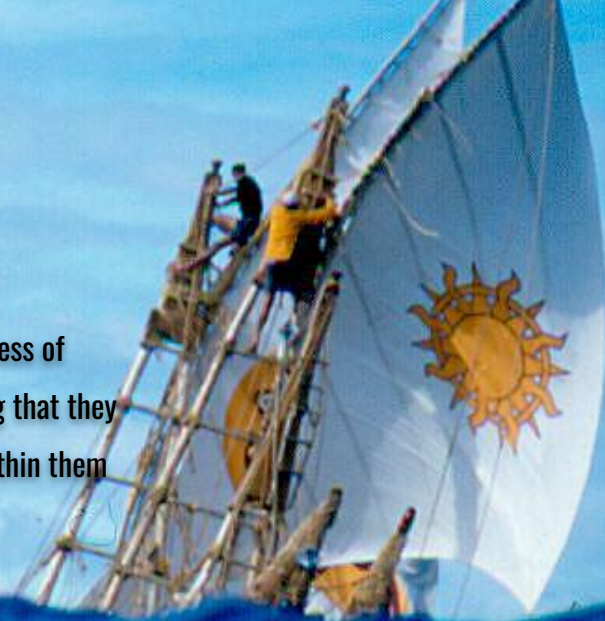
Our actions become our habits

Our habits become our character

Our character becomes our destiny

SIMPLE STEPS

1. **Adopt a vision of something worthy, set a personal goal to aspire to.**
2. **Don't judge yourself or others. We grow in wisdom through the process of experience. Proceed cautiously when observing others and assuming that they have things figured out. Every soul has to work with the energies within them to get to wherever they are going.**
3. **All paths lead to awareness. The shortest path is love.**
4. **When we embrace positivity and come from a place of love and non-judgment, the world around us begins to change in marvelous ways, ways in which we begin to come into our true power.**



BOOK RECOMMENDATIONS FOR INSPIRATION AND RESEARCH

→ *Was It Worth It - by Doug Peacock*

→ *Autobiography of a Yogi - Paramahansa Yogananda*

→ *The Teachings of Don Juan: A Yaqui Way of Knowledge - Carlos Castaneda*

→ *Zen and the Art of Motorcycle Maintenance - Robert Pirsig*

→ *Cloud Hidden, Whereabouts Unknown: A Mountain Journal - Alan Watts*



EVEREST BOOK RECOMMENDATIONS

K2 The Savage Mountain - Charles Houston and Bob Bates

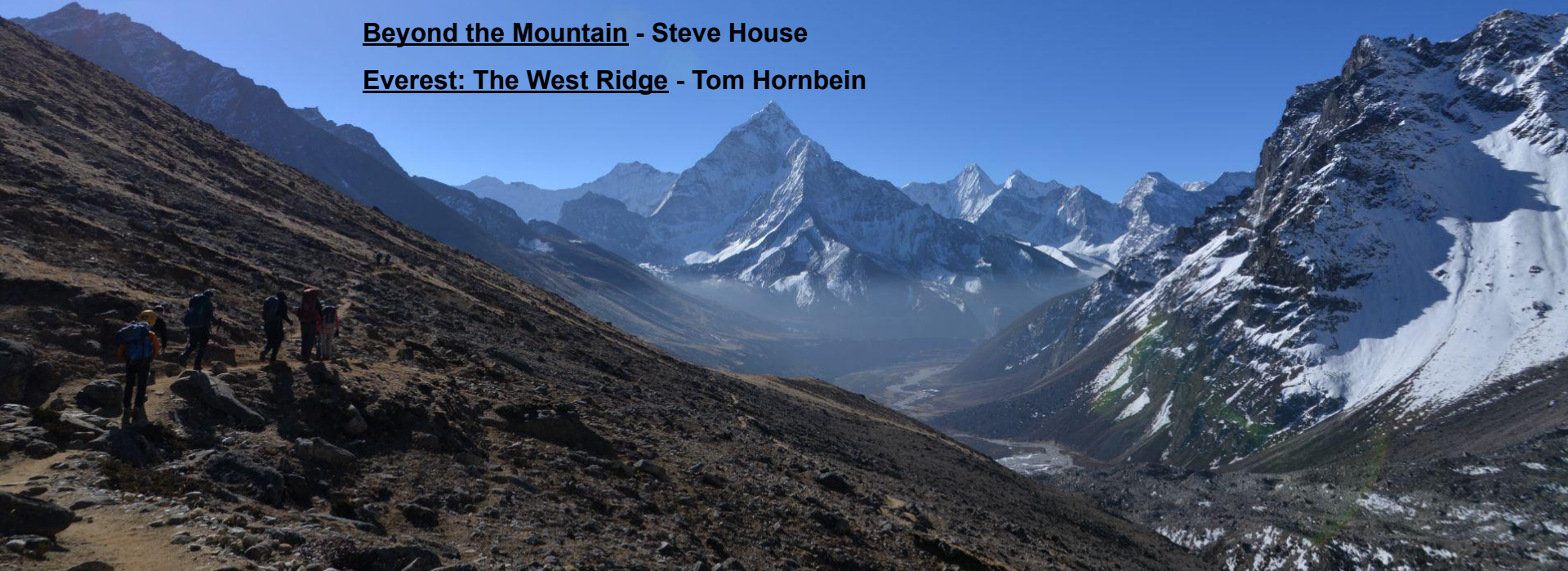
The Third Pole: Mystery, Obsession, and Death on Mount Everest - Mark Synnott

Nanda Devi, the Tragic Expedition - John Roskelley

Snow in the Kingdom, My Storm Years on Mount Everest - Ed Webster

Beyond the Mountain - Steve House

Everest: The West Ridge - Tom Hornbein



A close-up portrait of a man with a white beard and a blue jacket, smiling. He is wearing a grey cap with a green stripe. The background shows a rugged, mountainous landscape with snow-capped peaks under a blue sky with light clouds. The ground is rocky and grey, with some small yellow and orange markers scattered in the distance.

THANK YOU FOR VISITING!

For further research
or to make a donation in support of my work:

[The Happiness Quotient podcast](https://www.thehappinessquotient.com)
[thehappinessquotient.buzzsprout.com](https://www.thehappinessquotient.com)

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