

The Recipe for happiness
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Jasmin Hajro

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Book The Recipe for Happiness

A book has been written about a true story ...

About a man who was imprisoned in a
concentration camp at the time of Hitler, and
he was happy.

So, Happiness has nothing to do with your
circumstances.

It has everything to
do with, your choice
to be happy,
regardless of
circumstances.

Choose to be happy.

Of course there are tough times in life,
like when someone you love, dies.

That's part of life.
Those times of grief you just have to go through and
process.

Processing is best done by talking about it,
to get it off your chest regularly.

Or by writing about it,

if you write down a situation or your
feelings about it, then it's on paper, and it
is out of your head.

Writing is a good outlet.

Processing is also done well by: staying busy.

Whether that is in your work or your hobby.
They say: a rolling stone does not
collect moss. So stay
busy

Okay, now you have learned a good lesson about how to
better process negative life experiences.

But you're here for the Recipe for Happiness,
right?

Well, the lesson you've
learned will help to make
the recipe work better for
you.

Here it comes then ...

You have probably read a local newspaper,
and you regularly check the news. (the daily
news on television)

Have you noticed that about 99% of it is bad news?

Only misery ..
If you did not
know better,
you would think that the whole world is going to
perish.

If it's a habit for you,
to watch the news every day for half an hour ...

Have you ever wondered if it's healthy for
you?

Does it make you happy ?
Of course not !

The easiest way to change a habit is by replacing it
with a new habit.

So from today on, instead of watching the worldly news half an
hour a day

.....

Watch COMEDY for half an hour a day.

Mandatory.

Every day.

Well, now at half past eight in the evening it's not
news time, but Comedy time.

If you watch comedy, you relax & you laugh.

Sounds healthier, doesn't it?

Well, laughing every day is easy to do, right?

And replacing your old bad habit in this way, with a nice,
healthy new habit, is probably easier than you
thought.

Except for the fact that relaxation is good for you, when you
laugh, also your body makes endorphins. Those are
natural happiness substances.

Well, after 21 days of daily watching comedy,
you will have formed a new habit.

So watch Comedy every day.

You can watch a lot of standup comedy on
www.Youtube.com for free.

Simple?

Sure,

but you

have to

do it,

every day,

until you don't have to think about it
anymore, and you start doing it
automatically.

Some Happiness Ingredients in a row:

Watch comedy every day, at least one hour.

Eat ice cream, treat someone with an ice cream.

Work out, throw out your frustration by playing tennis or going
for a run.

Pee in the yard (and if you get a fine for urinating in public, laugh your
ass off

Do not worry, life is too short for that (by staying busy, you do
not have time to worry)

Hug the people that you love, whenever you
can

Go enjoy a cup of coffee or tea

Buy or save a cat or some other pet

When you receive money, immediately save a part
of it

Don't let the media scare you, the world is not getting worse, the
world is getting better.

Sex, need I say more?

(when you have sex your body
also produces endorphins =

those natural happiness substances)

Maybe the Recipe for Happiness

is different than you had expected....

But that doesn't matter,
the point is that it works
& that it will help you
to live happier.

Do it,

it is easier then
looking with a
sour face.

If you liked this book & got some value from it.

Would you then be so
kind, please,
to recommend it
to the people that you know.
So that they too can
enjoy it and live
happier.

Thank you very much.

It was my pleasure to write and translate
this book (my third one) for you.
I hope it helps you to live happier.
(I know it will, if you do the things it teaches)

And I hope, that we can together make a
contribution

to more happiness in the world.

We can.

If you recommend this book and share it.
Then I will promote it.

And together we will make a contribution to a happier
world.

I would appreciate it if you would write me a short
review.

Thank you for your effort.
Kind regards,
Jasmin Hajro

More books by Jasmin Hajro :
My bibliography...
the books that I have written....
(there are more than 43 titles plus the translations plus the boxsets, so I will only name
my english titles)

Build Your Fortune

Moneymaker
Recipe
For
Happiness

the Lifebuoy For Banks "Loyal Banking" the Ultimate Winning Strategy, for
entrepreneurs (which is for salespeople & business owners too)

Poems, jokes and book
Victory 1
Victory 2

Always employment & always money in your pocket, everyday.

Things You Don't Want To Know.
Challenges in having your own business, in real life.
how to Grow your money & Build a good retirement in 2 hours per month, for moms,
dads, career women and busy people .

Overcoming tough times.
Secrets of writing and selling books.
Double your profits.
Double your profits, extended.
Triumph 1 (boxset)
Triumph 2 (boxset)
Victorious series (boxset)

Through the crisis
Victory 3
My story
My little masterpiece
Victory 4
I don't feel like writing, says the author
Hackers are scouts
Being real and true: in times of fake and pretend

100 % sales rule
Quotes for success
Entrepreneurship course
3
Last 10 years
Unknown millionaire
This is the real secret to success, forget mindset, shiny objects and the law of
attraction

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