Happy for No Reason: 7 Steps to Being Happy from the Inside Out

Shimoff, Marci


Table of Contents

Foreward by Jack Canfield

PART I: HAPPINESS THAT'S HERE TO STAY
Introduction: Welcome to a Happier Life
Chapter 1: Happy for No Reason...Really?
Chapter 2: Practicing Happiness

PART II: BUILDING YOUR HOME FOR HAPPINESS
Chapter 3: The Foundation -- Take Ownership of Your Happiness
  • Focus on the Situation
  • Look for the Lesson and the Gift
  • Make Peace with Yourself
Chapter 4: The Pillar of the Mind -- Don't Believe Everything You Think
  • Question Your Thoughts
  • Go Beyond the Mind and Let Go
  • Incline Your Mind Toward Joy
Chapter 5: The Pillar of the Heart -- Let Love Lead
  • Focus on Gratitude
  • Practice Forgiveness
  • Spread Lovingkindness
Chapter 6: The Pillar of the Body -- Make Your Cells Happy
  • Nourish Your Body
  • Energize Your Body
  • Tune In to Your Body's Wisdom
Chapter 7: The Pillar of the Soul -- Plug Yourself In to Spirit
  • Invite Connection to Your Higher Power
  • Listen to Your Inner Voice
  • Trust Life's Unfolding
Chapter 8: The Roof -- Live a Life INspired by Purpose
  • Find Your Passion
  • Follow the Inspiration of the Moment
  • Contribute to Something Greater Than Yourself
Chapter 9: The Garden -- Cultivate Nourishing Relationships
  • Tend to Your Relationships
  • Surround Yourself with Support
  • See the World as Your Family
PART III: HAPPY FOR NO REASON EVER AFTER
Chapter 10: The Happy for No Reason Plan for Life

Recommended Resources
Acknowledgments
Giving Back
About Marci Shimoff
About Carol Kline
Biographies of the Happy 100 Whose Stories Appear in Happy for No Reason
Permissions