

# **You Can Be Happy No Matter What: Five Principles For Keeping Life In Perspective**

**By Richard Carlson**

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We will be glad if you come back us anew.

There are no shortcuts to any place worth going. You have to do hard things to be happy in life. The things no one else is doing. The things that frighten you.

<http://www.marcandangel.com/2014/06/11/20-hard-things-you-need-to-do-to-be-happy/>

Jun 12, 2012 Excellent post. But there is another thing that you can do to be happy no matter where you are. That is learning to accept. More often than not, the reason

<http://www.pickthebrain.com/blog/5-ways-to-stay-happy-no-matter-what-happens/>

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We can be happy no matter what happens in our life if we understand these five principles: 5 principles from Dr. Richard Carlson.

<http://wisdomfrombooks.com/you-can-be-happy-no-matter-what-5-principles-from-dr-richard-carlson/>

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9 Things You Can Do to Be Happy in the Next 30 Minutes Surprising ways to instantly improve your mood.

<http://www.realsimple.com/health/mind-mood/emotional-health/things-can-happy-next-minutes>

Edit Article How to Be Happy when You Don't Have Friends. Even though we're often surrounded with people, there may be times in your life when you actually don't have

<http://www.wikihow.com/Be-Happy-when-You-Don%27t-Have-Friends>

If you aren't happy single, you won't be happy in a relationship. Why do some people believe that relationships are the key to happiness? I used to think this way

<http://elitedaily.com/life/you-must-be-happy-with-yourself-first-foremost/>

Practice active gratitude. A multitude of research confirms that gratitude is good for you. It reduces anxiety and depression, helps you become more positive

<http://www.wikihow.com/Be-Happy>

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SUMMARY: By understanding five principles--Thought, Moods, Separate Realities, Feelings  
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You can be happy, no matter what. You are in far more in control of your own happiness and well being than you know. You are the start of your life. You own the  
<http://www.behappynomatterwhat.com/>

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August Book Review: You can be Happy No Matter What: Five Principles for Keeping Life in Perspective by Richard Carlson. September 25, 2014 by Vilma Reynoso 2  
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Nov 28, 2008 Sheila Pearl - keynote speaker, author, life coach and wisdom teacher talks about how happiness is an inside job. You can choose to be happy no matter what  
<http://www.youtube.com/watch?v=pUZUErgX1FU>

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Being happy doesn't mean that everything is perfect. It means you've decided to look beyond the imperfections. ~Unknown. Even though I couldn't possibly  
<http://tinybuddha.com/blog/7-reasons-to-be-happy-even-if-things-aren%E2%80%99t-perfect-now/>

6 Reasons You're Not as Happy as You'd Like to Be And more importantly, what can you do to stop hitting them? No one ever said that life was easy,  
<http://lifehacker.com/5980457/six-reasons-youre-not-as-happy-as-youd-like-to-be-and-what-you-can-do-about-it>

Mar 02, 2010 Can you you be happy without money or do you really need lots of money (being rich) you can be happy with out alot of money,  
[https://answers.yahoo.com/question/index;\\_ylt=A0LEV0PCMrpVR9UA2KBXNyoA;\\_ylu=X3oDMTBzMWY2bTVqBGNvbG8DYmYxBHBvcwM0NgR2dGikAwRzZWMDc3I-?qid=20100303072845AAioBSx&p=you%20can%20be%20happy%20no](https://answers.yahoo.com/question/index;_ylt=A0LEV0PCMrpVR9UA2KBXNyoA;_ylu=X3oDMTBzMWY2bTVqBGNvbG8DYmYxBHBvcwM0NgR2dGikAwRzZWMDc3I-?qid=20100303072845AAioBSx&p=you%20can%20be%20happy%20no)

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