

Excerpt from the Introduction of *365 Daily Affirmations for Happiness*

“I began writing this book because my mother, Gladys Barkas, who had played tennis well into her early eighties, was, at 86, having a very challenging time dealing with the physical, memory, vision, mobility, and social changes of aging that were making each day much more of an effort than when she was in optimum health. When I visited my Mom at the senior residence she had moved to, her unhappiness was very close to the surface as she verbalized that she was unhappy. To help her, I began writing daily affirmations about happiness and reading those affirmations to her. Much to my very pleasant surprise, I soon discovered that regularly reading to Mom the latest affirmations in happiness that I had started writing had a positive impact on her attitude...”

Sample affirmations from *365 Daily Affirmations for Happiness*:

1. I am responsible for my own happiness.
2. I am deserving of happiness.
73. I find happiness in the little things in life.
242. Learning new skills whatever my age makes me happy because I am making the most of myself.
324. There is always someone who has more than me and someone who has less than me. Being happy is appreciating what I have without comparing myself to others.
365. Completing a difficult task makes me happy.

Excerpts from Part II - Activities to Inspire Happiness

AT WORK

4. Set aside at least one hour a week to get together with your co-workers for a cup of coffee, lunch, a drink or dinner after work, or even a sports activity.
7. When is the last time you said, ‘Hi, how are you?’ to a co-worker just because you wanted to be nice and not for any reason? Start going out of your way to be happier at work, and to be nicer to people, without considering what you might get back from them.”

AT LEISURE

4. Was there a time in your life when you were the happiest? Think back to that time. What was it that made you so happy? Was it a sports activity you participated in? The people in your life? Friends? Family? Neighbors? Was it the place where you lived? Is there anything about that time that you can recreate now?