



DALE CARNEGIE'S

7 SECRETS FOR HAPPINESS



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Happiness: An Introduction

What is happiness? The eternal question that is never answered to the full satisfaction of the human mind...the eternal question about the eternal happiness...Is happiness the feeling of contentment and satisfaction? Is it pleasure and joy? Is it cheerfulness or merriment? Is it because of happiness why we are light-hearted and in good spirits?

The book, '*How to Enjoy Your Life and Your Job*' is a detailed account of Dale Carnegie's exploration into the secrets of happiness and this booklet explores only '**The Seven Secrets of Happiness.**'

According to the author Dale Carnegie, there are SEVEN secrets to peace and happiness. These principles are described in detail below:

Secret 1 -Find your true SELF and be yourself always: Carnegie categorically states that every human being is a unique creature and there is no one else on earth like you. So let us begin our success journey by finding our true SELF – who am I? What are my values and beliefs? This self-discovery process leads us to self acceptance process. This is the beginning point where you find enough courage to be yourself. No matter what happens, always be yourself. He/she who longs to be someone else is the most miserable human being on earth. You and I have our own unique abilities. So let's stop worry because we are not like others. Life is very much what we make it with our own unique talents. Cultivating this mental attitude brings us peace and freedom, freedom to do what you always wanted to do.

Managing Worry for Happiness

Secret 2-Form FOUR good working habits that will help you prevent worry.

The author lists out 4 important habits for happiness-oriented people to develop.

These good habits are,

Habit No.1: Clear your desk of all papers except those relating to the immediate problem at hand; this is the no.1 step towards efficiency. This is what poet Pope meant when he said, “*Order is Heaven’s First Law.*”

Habit No.2: Do things in the order of their importance; there are two priceless abilities one can ever have - the ability to think and the ability to do things in the order of their importance.

Habit No.3: When you face a problem, solve it then and there if you have the facts necessary to make a decision. Don’t procrastinate.

Habit No.4: Organize, deputize, and supervise. Delegating tasks to the right people will relieve you of unnecessary tensions and worries.



Managing Fatigue for Happiness

Secret 3-What you can do about fatigue: It is a proven fact that mental work alone won't make a person tired. Actually our sense of weariness derives from our mental attitudes. We get fatigued because of our negative emotions – feeling of not being appreciated, feeling of resentment, anxieties etc. Negative emotions produce nervous tensions and being susceptible to such emotions is actually a bad habit. Bad habits should be broken in order to form good habits.

Secret 4-Banish boredom. *How to banish the boredom that produces fatigue?* One of the chief causes of fatigue is boredom; if you are bored with the routine life and same repetitive job, you are probably to experience fatigue. The best remedy to cure this boredom is to think right thoughts and develop a right attitude toward life. Roman emperor and philosopher, Marcus Aurelius wrote in his book 'Meditations' that **"Our life is what our thoughts make it"**. So accept life with an attitude of gratitude and think positive thoughts. Then boredom will soon banish, so is your fatigue.

Secret 5-Focus on the good things in you have. *Would you take a million dollars for what you have?* Here the author draws our attention to about 90 percent of the things that are right in our lives. When you have so many blessings to count on, then why should you think about rest 10 percent of wrong things? If you want to be happy, focus on these right things and forget about the things that are wrong. The author asks us to inscribe two important words in our hearts- **'Think and Thank'**. If you want to stop worrying and start living, then count your blessings and forget your troubles.

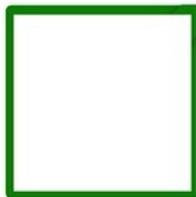
Ignore Criticisms for Happiness

Secret 6-Ignore Criticisms. *No one ever kicks a dead dog.* You are kicked and criticized because it gives the kicker a feeling of savage satisfaction. Sometimes it means that you are accomplishing something that is worthy of attention. If you are worried about unjust criticism, remember that criticism is often a disguised compliment; and no one ever kicks a dead dog.

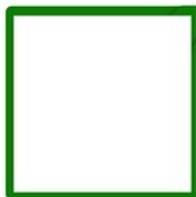
Secret 7-Do the Best You Can Always. Do this and criticism can't hurt you: Ignore the criticisms that are meant to hurt you; even though there are harsh criticisms, ensure that you do the very best you can always.



EXCELLENT



GOOD



AVERAGE

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Visit Our Website at

<https://www.agrihortico.com>

Or

Contact us at

info@agrihortico.com

agrihortico@gmail.com

