

happy guide

6 simple lifestyle changes for
health and happiness



M I C H A E L K I N N A I R D

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6 simple lifestyle changes for
health and happiness

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happyguide.co

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Written by Michael Kinnaird and James Riddett.

Always consult your doctor before making lifestyle changes if you have any health concerns.

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ABOUT THE AUTHOR

One day at work something hit me like a ton of bricks. It was one of those pivotal moments we have in life. I was soldering—I was an electrical engineer and my head started swimming.

In only a couple of seconds I became disoriented, and right away was lost in a fog that was to last for 13 years.

I was scared. Suddenly I couldn't function, couldn't focus, couldn't do normal things like drive the car. I shut my whole life down. It was a knee-jerk reaction that was probably the wrong move but I didn't know what else to do. I lost everything and I mean... everything.

Those 13 years were pretty much torture. It was like having a permanent hang-over with flu as well. It was torture, hell—a living hell.

I spent years seeing specialists and received many different diagnoses. But in the end I realized that medicine was not going to, and could not help me.

LOOKING FOR ANSWERS

Enter phase two—the long and arduous search for the answers, because the health industry is a minefield of misinformation, debate, complexity, confusion and corruption.

Gradually, gradually through the frustration, the need for sanity and simplicity dawned. Finally, through a series of “ah-ha” moments, the truth dawned... the amazing, simple and glorious truth...

“Nature”

We are a product of nature, our bodies are self-healing given the right conditions and if we look to nature, the answers are there. And they were.

WHAT IS NATURAL?

Enter phase three—what *is* natural? The long search continued, and there's plenty of controversy here too. But search I did, and question and try, and stumble and fall. I left no stone unturned. By applying fierce logic and putting my conclusions into practice, I slowly started to feel better and better.

It's been a hell of a journey, and the madness of what I went through haunts me. The contrast between the two extreme states of my health fuels me with a passion you can only imagine—because all of my suffering was pointless, needless.

And all that torture was the result of being born into an unconscious world—a world unconscious of the importance of nature, the importance of lifestyle.

So... that's my story in as brief a way as I can make it, and the birth of *Happy Guide*. I just don't want anyone to suffer the misery that results from poor lifestyle—from decades of sub-optimal living, that chips away at health and happiness in the most insidious way.

As I wrote the book you're holding now, I always kept in mind, "What would you want Sam to know?" Samuel is my only son—only ten years old when *Happy Guide* was written. This proved to be an amazing writing mindset because I love him so much. I want only the best for Sam—that he's happy and healthy. I couldn't bear the thought of him suffering as I did.

Yet we're all someone's child, and we all want our children to be happy above all else.

I find it unbelievable now looking back, that in this day and age, so much suffering is still caused by ignorance of really simple truths about health and happiness.

So I've been incredibly passionate about bringing you this information—simple, clear guidance that puts the power of health and happiness in your hands. I hope with all my heart that you enjoy *Happy Guide*, that you put it to work, experience the amazing rewards, and never look back.



DISCOVER THE HAPPINESS SECRET

*“MY LIFE HAS NO PURPOSE, NO DIRECTION, NO AIM,
NO MEANING, AND YET I’M HAPPY. I CAN’T FIGURE
IT OUT. WHAT AM I DOING RIGHT?”*

—Charles Schulz

Health and happiness creation is about just a few ideas pursued with dogged persistence.

And underlying the few ideas is just one principle that’s so important, that without really harnessing it, all your attempts to be happy are doomed to failure.

This chapter is about the mindset of happiness... the mindset that leads to understanding just why that one principle is so important, and why it’s overlooked—it’s literally a secret.

It's a secret because it's tricky to understand and apply—so naturally, health professionals have tended to downplay it or miss it entirely.

I won't reveal the secret right away; because without the thought process that goes before it, you might not value it as much, or give it due care and attention—and it does deserve a lot of attention.

THE CAUSES OF UNHAPPINESS

WHERE ARE WE?

Nearly half of all deaths are caused by heart disease and cancer. Two thirds of Americans are overweight and one third of the adult population obese!

Very shocking—but what difference does it make how many, if *you* are sick and suffering? What does it matter how many, if *you* can't cope with life because you're depressed? And nobody ever thought it would be them to hear the words "I'm sorry to have to tell you; you have cancer."

But the statistics do tell a story; our modern lifestyles are causing pain and suffering on a massive scale.

Perhaps the saddest part of modern living is that our moods are flattened, and our joy for life snuffed out by poor lifestyles. Continuous stress and struggle becomes our accepted normality.

WHERE DID IT ALL GO WRONG?

The very simple truth is that your genes expect a certain environment—the one that existed before the dawn of agriculture. That's only 500 generations ago or less, when we ate food directly from nature and had to work hard to get it.

In nature, genetics and the environment are exquisitely balanced because over time, the most well-adapted genes are passed on. So when our behavior or environment is out-of-sync with what our genes expect, we get sick and suffer.

The human body is incredibly adaptable. It's not that the environment needs to be so strictly defined. But what our bodies just cannot deal with is modern, processed and unnatural food, little exercise, and stress over decades. Although we can adapt well, there are limits that our bodies can cope with over a long time-frame.

The chronic diseases that are killing us, that make us sick, fat and depressed are even called “lifestyle diseases.”

A PILL FOR YOUR ILL?

If it's our lifestyles that are the root cause of chronic disease and unhappiness, is it reasonable to expect drugs or surgery to cure our ills?

It's very disempowering to believe that if you get sick, your doctor can bail you out, because it stops you taking responsibility for staying well now—being proactive.

You simply can't get health or happiness from a pill. Drugs are like using a sledge-hammer to crack your biochemical nut. Your biochemistry is incredibly complex and self-regulating given the right conditions. The true cure for any chronic disease is correction of the original cause—the reason it showed up in the first place.

Do you get a headache because your body lacks aspirin?

If someone's depressed, has their brain suddenly stopped making serotonin for no reason? Isn't it madness to treat depression with drugs that increase serotonin, if the cause is

chronic lack of sleep, poor diet, overstimulation with caffeine, and a mindset that means they drive themselves to exhaustion?

Drugs often attempt to correct the symptom, the effect, and not the true cause. Antidepressants do nothing to affect the true causes, and so leave the poor person dependent on drugs to feel “normal.” If the drug is stopped, the dysfunctional biochemistry is still there.

Isn't it madness to cut someone open and staple their stomach to stop them eating, when the person needs quality information, motivation, support, empowerment and permanent lifestyle shifts?

In many cases where drugs or surgery are used, there's a better way—a way that corrects the root cause of the problem.

Drugs exist because they sell, because we demand a quick fix. They sell because we buy into the pill-for-an-ill mindset and refuse or struggle or don't know how to change our behavior. What is demanded will be supplied—it always has and it always will.

INFORMATION OVERLOAD

Once you've suffered enough pain from not living well, and once you've decided to put your health and happiness first, what do you do? You hunt for information... and pretty soon you're drowning in a sea of conflicting information about the best way to live.

Or perhaps with a “beginner's mind” you simply pick a book that looks good in the bookstore and throw yourself into the first program that appeals.

Either way isn't great. The seekers of the best lifestyle will rapidly become frustrated, because in every area of health,

especially diet and exercise, there's very little agreement amongst "experts."

The one with beginner's mind is probably better off, but he or she is in a lottery. She may get lucky and pick up the right book, or she may not.

The advice you get from your bookstore is literally a lottery, which is quite a ridiculous state of affairs but nevertheless, that's where we are right now.

With exercise advice, it's not such a big deal but that's not true with nutrition. The advice you get is a very big deal indeed. Who's right you may wonder?

It's even more frustrating if you're trying to heal from disease. The hurdles to getting well are tough enough to leap, without the enormous task of trying to figure out which diet will work.

WRONG FOCUS

When modern lifestyles squish our joy for life, it's natural for us to look for answers...

"It's my job that's making me unhappy, my partner, I have too much to do, I can't relax. I need a new car, a new career, a new house. I need to be appreciated, I need to be successful..." ad infinitum.

It's not that any of these things don't matter. Of course they do. But your life is primarily a reflection of your *inner state*.

To be happy, go after happiness *directly!*

It's about the right focus and the right priorities. Change your inner state first, then, as if by magic, your outer life will fall in line with the new you.

THE PLEASURE TRAP

I got chatting to a guy on my walkabout one day... He'd been to the shops to buy his favorite rump steak—he eats red meat twice a day, and then he'd called in at the bar for his daily 3 pints of beer.

He told me he had high blood pressure, gout and arthritis, for which he took a total of 8 pills a day. After a lot of talking, it turned out the thing he wanted most is... health!

Let's assume, on a scale of 1 to 10, his feel-good-factor is wavering between 2 and 5 and averages about 3.5. In other words, like most people, he doesn't feel great. He struggles with energy and doesn't think so clearly, and so he's not coping so well with just about everything. This is really common, life feeling like a drudge.

And then comes beer time, or steak time... or if he's really lucky, steak and beer time! The pleasure is pushing his feel-good-factor up to 6 or 7 all of a sudden. He feels good again.

But let's say he decides to be healthier, and starts denying himself the things that are bad for his health. Now comes the detox and instead of averaging a 3.5 on the feel-good scale, he's dropping to 2 or even 1. He feels worse, and now doesn't even get the little pleasures in life, the very things that to him make life worth living.

This scenario is why sustained efforts to change are quite rare, and folks tend to mentally "settle" with "I'll do whatever and let the chips fall where they may."

That's a shame, that's sad, because what we want is to feel the best we can. The low vitality pleasure seekers are doing the best they can to achieve the best feelings, but it's a long way from what's possible.

This is settling for a poor existence, compared to what's possible when you understand the big picture—that declining vitality is forcing you to look to pleasure as your only way to feel good. And those little pleasures last for such a short time, before you're back to 3.5.

We want to feel good, that's *all* we want.

A better way is to raise vitality to a 7 or 8 or even higher... a natural high.

When your vitality is high, you stop pleasure seeking as a way to feel good, because you already feel good.

So the norm is declining vitality, peaked by moments of pleasure, which can become psychological or physical addictions. That's not living. And most of the pleasures we live for cause vitality to drop over the long term.

So in a few years, a 3.5 is going to be more like 2.5. And as our vitality begins to bottom out, the urge to self-medicate our bad feelings with our usual fix becomes irresistible—we can end up in a vicious circle of self-destruction.

I want you to experience a 10 on the feel-good scale. 3.5 sucks! Don't settle... aim for a natural high, the natural feel good that is yours for the taking. Once you're done with the change part, once you've healed, doing the things that keep you naturally high do not feel like denial. It's actually a joy to do the things that will keep you bouncing along.

THE CAUSES OF HAPPINESS

KNOWING WHAT

The causes of happiness are health and peace of mind. Think about how happy children are... they have high energy, no

worries, no hang-ups, and live in the present moment—the causes of happiness.

This could be everyone's natural state, but decades of not living well and too much stress eats into our vitality—the vitality and peace of mind that children naturally have.

But your body is very forgiving. It can heal and given the right conditions; go back to a state of health and vitality. And by giving ourselves a serious *reality* check, we can re-connect to the present moment, and gain the peace of mind that brings spontaneity, laughter and joy.

There are six lifestyle elements that you need to be aware of every day, to make sure that these causes of happiness are consistently there. The first four are about creating health and the last two are about creating peace of mind...

1. Eat and drink the right stuff
2. Be free from drugs
3. Exercise outdoors
4. Sleep well
5. Get organized
6. Live in the moment

KNOWING HOW

Ideally, we would have been born into a world where the causes of happiness were widely understood, embedded into our culture, and we simply learned the wisdom from an early age.

But it's not so easy for you and me, because we need to *undo* all the misinformation and behaviors that take us away from joy and happiness.

All this undoing falls into the realm of *how*—how to change, how to finally end up with all the causes of happiness in place every day for life.

So... how do we get from here to there? How do we see the big picture, see the finish line, manage detox, manage change and so-on?

Well, change is truly the tricky part. Once you've arrived at high vitality, living that way is *easy*. Then it's just as easy to stay feeling good, as it was to stay feeling bad.

Coming from the lowest vitality and quality of life you can imagine, my need to change was immense. And I stumbled into all the problems that I now see everyone else stumbling into.

The way from here to there takes a little explaining, so I've compiled "the way" into the rest of the book. It will show you how to navigate the pitfalls and obstacles to a happy life, full of vitality, and hit your natural high.

HAVING THE RIGHT MINDSET

Apart from the big ones like "nature" and the "two causes of happiness," there's a couple of other crucial mindset distinctions you need...

Everything affects everything else

This is essentially the opposite of the pill-for-an-ill mindset. The truth is that everything affects everything else. It's easy to see how a few bad nights' sleep can affect every interaction, relationship and decision. But these connections run very deep indeed. Whether or not you get cancer in twenty years depends on what's on your fork today.

Everything affects every other thing.

That's why we need a whole lifestyle, multi-pronged strategy. It's only when your whole lifestyle is right, that you can experience the wonderful feelings of permanent energy and health.

Checking health boxes is your number one priority

Because we are now outside the controls of nature, we must consciously *choose* to check health boxes, every day. All our instincts work in a natural environment, they don't work at all well in modern life.

For example, our fight or flight response kicks in at the most inappropriate times—like being stuck in traffic. Or we crave high-fat, high-sugar combination foods like pizza and ice-cream that drive our taste buds wild with excitement. These types of food never existed until recently.

It's so easy to get distracted with a million things to do, but decide for yourself—what's really important?

What you decide is important to you, is very important. If you know and understand with incredible clarity, that without checking health boxes every single day, you won't be happy, then you make that important in your mind. You have the right attitude—“This comes first, it's more important than any other thing,” because health is fundamental. It's the foundational state of a happy life.

When you have amazing energy and clarity, your life will automatically go in wonderful new directions that you can't even imagine right now!

That's why health is number one.

THE HAPPINESS SECRET

Happiness is built on a consistent lifestyle. Exercise is not the answer... daily exercise is the answer. Good food is not the answer... good food every day is the answer. No single factor is the answer except the secret.

Happiness is about lots of things because everything affects everything else.

Now we have clear mental distinctions—a new mindset and motivation to check health boxes every day.

So what's the one principle that underlies all these things?

What's the one crucial factor you must harness? (Drum roll)...

“habit”

OK, it's not a glamorous word, but it's our *habits* that drive our thoughts and actions every day. We couldn't walk, talk, or tie our shoe laces without habits, and the habit connections run very deep.

Good habits make the conditions for happiness effortless and that's the key. It's consistency; it's doing all the good things consistently. And to do that you need habit power, because habit is the power that effortlessly repeats.

Habit doesn't care whether your behavior is good or bad, it repeats anyway. So we get incredibly clear and we harness habit power—break bad habits, and put new ones in place that create happiness and joy for life.

“*HABIT IS THE DEEPEST LAW OF HUMAN NATURE.*”

—Thomas Carlyle

Habit is the deepest law! When we do something without thinking about it, we say it's *second nature*.

That's a powerful truth to ponder. Once you know something, you start to see it everywhere. And now you know that it's your habits that build health and happiness, you'll start to notice it too.

But it's not enough to know it; you need to put the power of habit to work in your life.

And this is the book that will empower you to do just that. It will show you precisely what you need to do every day and how to do it, to actually *be* happy! It will give you the tools you need to break stubborn bad habits and create healthy new ones—the powerful causes of health and happiness.

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happy guide

When did being happy and healthy get so complicated!?

There are thousands of different theories out there leaving us feeling confused.

But Happy Guide is like a breath of fresh air. It shows that being happy and healthy is actually simple and that most problems have the same solutions.

So whether you're overweight, depressed, self-destructing or tired all the time, Happy Guide gets the job done.

“You have created a masterpiece.”

—Clair Whitty, Ireland

“Savvy information in a very user-friendly format.”

—Liz McGinness, USA

“DEFINITELY the best thing I have ever read!”

—Drew Basek, Canada

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