



Happiness : 5 Easy Steps to Make You Happy: A Simple 11 Page Guide to More Peace and Happiness

W.A. Stephens MHA

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In the last 25 years, I have worked with all types of patients in the healthcare field. While working directly with patients and their families, I have noticed certain patterns among my patients.

The pattern I discovered was happiness. Even the patients with terminal illnesses and chronic pain; somehow remained centered and happy. I wanted to understand how they remained positive and sustained a stable mood in uneventful circumstances.

What I noticed was they all had similar traits and common attributes. It also became evident that if 1 or more of these attributes were missing; true unconditional happiness wouldn't last.

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