

# Happy International Happiness Day!!



**Did you know that March 20, 2015 is the third United Nations International Day of Happiness? For some readers this may be today, for other readers this may be tomorrow.**

**So what can you do on this day? You could do something that makes you happy, you could do something that makes others happy, you could send your workmates a cheerful email telling them how awesome they are, you could drop a couple of coins into a busker's hat, you could take your dog for a walk - the sky is the limit!! Why not take the time to reflect on what will bring you more happiness, contentment, meaning and satisfaction on a deeper level?**

## 7 Steps to Happiness:

Think Less, Feel More

Frown Less, Smile More

Talk Less, Listen more

Judge Less, Accept More

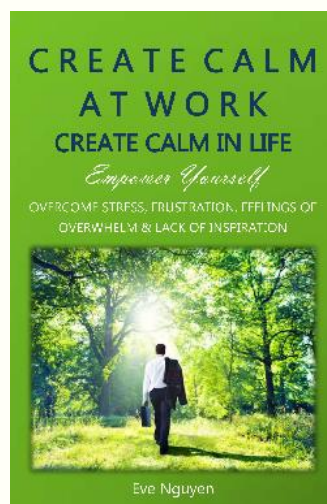
Watch Less, Do More

Complain Less, Appreciate More

Fear Less, Love More

To celebrate International Happiness Day I am extending a discount on my book *Create Calm at Work Create Calm in Life* kindle edition for the next 2 days!

The book has helped people from different walks of life to find happiness, confidence, understanding, self-compassion and calm. And I hope it can do the same for you. The book is available [here](#).



Please feel free to share this email with any friends, family or colleagues who might welcome a little more happiness.

Wishing you a fabulous day, whatever you choose to do!

Best Wishes,

*Eve Nguyen* BHSc ND

[www.createmorecalm.com](http://www.createmorecalm.com)

