

## **ABOUT THIS PROGRAM**

***“Success is getting what you want. Happiness is wanting what you get.”*** Well, that’s according to a certain Dale Carnegie, anyway.

Whilst success can often be the focus of a person’s life – career success, financial success, relationships, family life, achievements or adventure or ‘aliveness’, even health and well-being can count as success. – I humbly suggest that much of this success is done in the name of ‘happiness’. A wanting to be happy, wanting to feel fulfilled, wanting to (finally) relax.

Meaning: we confuse “success” for “happiness”; we effort and strain so that we won’t have to effort and strain; all looking for the same thing, really (but looking in the wrong place for it).

- So, then, **can you learn ‘how to be happy’?** (You could try. But the effort will likely take you away from where you want to be.)
- Can happiness be reduced to a simple 3-step formula? (Not really.)
- But **can an awareness of the “happiness within” completely transform a person’s life** – both personally, and professionally? (Oh yes.)

I’d go further and say that looking in the direction of the “happiness within” – aka “innate okayness”, the “wellness within”, “innate health”, the knowing that nothing is wrong with you and nothing needs to be fixed – is without doubt the single best thing that you could focus on. Whether it’s success that matters to you, or wealth, or relationships, or health and well-being.

But I’m getting ahead of myself, a little.

I’ll discuss the “happiness within” in a little more detail, soon. Then we’ll explore ways to help you become more aware of it – to remember it (or rather not forget it).

And I’ll also lightly mention the 3 Principles understanding throughout – the so-called Inside-Out understanding. It was this understanding that got me looking in the direction of the “happiness within” (or “innate health”) in the first place over 5 years ago.

But you don’t need to know anything about the “happiness within” or the 3 Principles understanding (as shared by Sydney Banks), for this program to be worthwhile. You just need to be a human being. That thinks. (The Further Reading Guide can point you to blog posts, videos and best-selling books on the 3 Principles, should you need it, though.)

By the way, the program originally started life as an E-mail course in 2017, an E-Course called How To Be Happy. But now it’s a self-study video program, called:

- **Remembering the “HAPPINESS WITHIN” by Steve M Nash**

And it’s simply an invitation for you to **experiment, play with**, and **see/feel directly for yourself** the infinite possibilities that can open up for you when you’re... REMEMBERING THE HAPPINESS WITHIN.

Welcome! ☺