



From Bitchy to Bitchin': 13 Tips To Be Happy Now

Vicky Ford

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Is your life filled with more Bitchy days than happy days?

What if you knew that you could choose happiness?

And what if the steps to choosing happiness could be fun, easy and simple to incorporate into your day?

Are you ready to choose happiness today?

In the From Bitchy to Bitchin' Series, the author takes you on a journey of self-discovery, providing tools and tips that will work seamlessly into your lifestyle, no matter how busy you are.

Sadness and depression are epidemic in our society. We struggle to find happiness in our lives even though we have all the gadgets, toys and perks of modern life. And so that emptiness is filled with more stuff. And we are still not having fun!

The cycle continues until being unhappy becomes a habit.

Chances are pretty high that you were not born unhappy or sad. Events happened along the way that triggered emotion. Each time a negative event happened, that negative emotion was triggered. The pattern of unhappiness, pessimism, anxiety and negativity became a little more deeply ingrained.

But there is good news! That habit, that pattern can be changed. You really can create a habit of happiness!

From Bitchy to Bitchin' – 13 Tips To Be Happy Now brings you fun ways to get your mind back into the Happiness Habit.

In the chapter Great Accomplishments we take you back to your past. You have created so many skills and overcome so many challenges successfully to become the adult you are now, even if you aren't over-the-moon happy with who you are at the moment.

You learned to walk, to talk, to ride a bike, tie your shoes, spell, read, button your shirt, graduate from high school, university or college. You got your first job, maybe bought a car or house, saved money, found a partner, tell a good joke, use technology and so much more.

From the smallest to the biggest, your accomplishments are part of who you are, they are challenges that have been met and you knocked it out of the park! You have every reason to be proud of yourself. It's a very positive thing to acknowledge those and love yourself simply for how awesome you are.

Another chapter is called Be Someone's Angel Today. This helps cultivate the art of giving. You can give money, food, time, a smile, love, a hug, kind words. It doesn't have to be extravagant. The only suggestion is that whatever you give, give it with an open, loving heart.

The act of giving is not only for the benefit of the recipient. It is also for you. Oprah once said that as she

gave away cars, houses, money, educational opportunities, she thought it was for others. It turns out, giving made her heart soar. She benefited as much as those she gave to.

I can almost guarantee that you will never regret giving from the heart and that the smallest act of giving will make you very, very happy.

These books are written in a way that empowers you, gives you choices and frees you to decide how to use it. You can read it from cover to cover, using each idea in order. You can open it to a different chapter each day or each week and just work on that principal.

This is playtime. Everything in here is fun. So take your time and play with each chapter. Take a week or a month and be someone's Angel every day. Take your time and list your accomplishments over a few days. You can keep a running list of everything, large and small and when you hit an emotion bump in the road, go back to that list and shift your focus to all the positive things you have done in your life.

And that's just till now! Think how much more you will be accomplishing throughout your life. That's pretty exciting.

Enjoy the journey. Love yourself first. And be happy now.

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