

HAPPINESS ROARS

*WISDOM FROM AN EXECUTIVE ASSISTANT TURNED
WORLD-TRAVELING ENTREPRENEUR*

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Of course, I could have stayed home.

Escaped through more Netflix binge-watching. Let work squeeze me like a lemon. Collapsed under the weight of the 24-hour news stream of scandals and disasters.

Felt inadequate trying to exist on social media.

Allowed another narcissist to break my heart.

Repeated daily—gotten old—died.

But I chose to break free to live fully.

By “live fully” I mean to “be me.”

To the full potential of my glory.

To face the good and the ugly.

To listen to the wisdom inside me.

To practice every gift given to me.

To become as good as I can be.

And today I'm not just alive,

I'm happy!

In this part memoir, part self-help manual
that I conceived during my 2019 sabbatical abroad,

I'll show you how you can be happier too!

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30 life-changing habits
not 50, 100 or 1000 – just **30**
to live a happier life

THE PURPOSE OF THIS BOOK

Our lives are quite easy to improve

Even in developing nations, this couldn't be a better time to enjoy the abundance of opportunities, knowledge and tools offered to us.

How can I be so sure?

I arrived in the USA when I was 20 with nothing but a suitcase and a strong French accent. After over 30 years of trials and errors, and developing a thirst for finding happiness, I became an expert at living the most joyful, fulfilling, exciting, and productive life I'd *never* dreamed of.

It was quite a shock at first! Landing in Hollywood with the dream to make movies, I soon realized that no one was waiting for me there. So instead, I built a solid career as an executive assistant for top-notch financial visionaries. Talk about a change of itinerary.

I have no regrets. This journey has kept me young, and made me smarter, more creative, and confident. I love my life and at fifty, I am semi-retired and pursuing my dreams while traveling the world.

This Book is NOT	This Book IS
A book about money A book about relationships A tech guide A health guide Another "Self-Help" book	A book of wisdom to help you find happiness and success in this crazy world. To accomplish that, it will discuss money, relationships, technology, health and other important aspects of life.

WHY I BELONG ON YOUR BEDSIDE TABLE

In *Happiness Roars*, I share the 30 life-changing habits that have allowed me to:

- go from \$75,000 in debt to a semi-retired world traveler,
- hold two of the best passports in the world,
- take over one hundred vacations while saving and investing over 30% of my earnings,
- create more than 10 start-ups and write over 15 screenplays and books,
- build a strong network around the globe and enough wonderful, *real* friendships that I need both hands and feet to count, and
- simply find happiness on a crazy chaotic planet.

In this part memoir, part self-help manual, I share my multiple failures and mistakes and how I finally got it right in most areas of my life. I came to the US alone, without security or a job contract. Just as these 30 life-changing habits helped *me* shape a great life, they can surely help you shape yours, too.

You may find this book simplistic. It is. I purposefully wrote it to be:

Short – You don't need another 400-page book to learn any topic

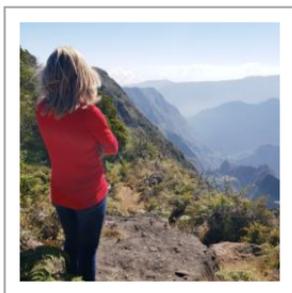
Clear – Easy to read, understand and apply

Practical – Filled with real-life examples and helpful exercises

Personal and funny – Let's dissect my life, my failures and mistakes in order to improve yours

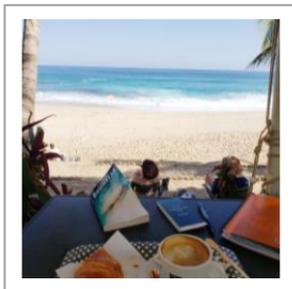
Complete – The 30 life-changing habits I chose to share with you should address the main aspects of your life

YOU, ME **AND** THE BOOK



YOU don't have to know it all. You don't have to be perfect. You don't need to earn a PhD or be born rich to succeed and be happy in life.

What you need is a strong desire, awareness, life intelligence, to believe in yourself and to take consistent, good actions.



THIS BOOK can help you raise your awareness, life intelligence, and confidence, and show you which consistent, good actions to take to better your life.

Examining 30 failures turned into 30 successes will advance your progress sooner and hurt less.



THE AUTHOR. Get to know me through this book. Some of you may become fans; others will find me too tough or too honest. Some might disagree with my point of view, mentors and choices.

That's okay. I'm not here to seduce you. I'm here to help you by sharing my unique life journey.

ACKNOWLEDGEMENTS

Let me introduce you to my wonderful team!

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Fun facts about the book:

- The idea was born and the first page was written on Mauritius Island, one of my 2019 sabbatical destinations. That's also where I walked with lions.
- The book was mostly written and completed in Paris, France, the final destination during my year abroad. The constant rain and winter cold kept me writing.
- I put so much pressure on myself to complete the book by December 1, in time for the holidays, that I lost part of my joy and happiness in the process. Baffled at not feeling my usual self while writing a self-help book to help others become happier, I went back to the very content of my own words to get back on track and realign with what brings me happiness.

In short, writing this intimate book was a real journey!

- The book was not finished and published by December 1, but I was a lot happier when it finally was on January 1. Taking that extra month made all the difference.
- Every friend and family member who came to visit me during the two and a half months it took to write the book wondered what kind of a sabbatical required me to work so hard while traveling the world. It sure did not make sense to them. But here we are walking this path to happiness with one another today, and it's my privilege to be at this stage of life with you.

~ Armelle

Contact me:

<https://www.Armelle.com/>

For any exciting updates about *Happiness ROARS*,
follow my blog!

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To send a copy of *Happiness ROARS* to
your favorite people:

<https://www.amazon.com/dp/B082RCGLPH>

To post a review about the book:

<https://www.amazon.com/dp/B082RCGLPH>



Are you ready

to start this journey

to feeling happier?

DAILY HABITS

Self-help books **don't** work on their own.

This book is **not** going to change your life.

YOU are going to change your life
by using this book.

If you're **sincere** about wanting to live a happier life, you need to take yourself and this book **seriously** by practicing what you learn.

Why? Because with the countless books and experts focused on the topic of self-improvement during the past 160 years since Samuel Smiles's book, *Self-Help*—namesake of the genre—was published in 1859, you'd think humans would be enlightened buddhas by now. But that doesn't seem to have happened just yet.

ACTION: I want you to read and master only **one** habit at a time. Just ONE. Learn the habit and implement it **right away**. Once you start to see results, move to the next one. It doesn't matter how long each habit takes to master.

Learn. Act. Repeat.

2. GOT POWER?

TELL ME MORE...

A lack of confidence often explains why some people succeed and some don't. [Unleashing your self-confidence](#) is the best gift you can give yourself. True happiness involves feeling capable and in control of the life you were meant to live.

MY TEACHER?

[Tony Robbins](#). When I first arrived in the U.S. and was struggling in Los Angeles, I had never heard anyone speak like him before. He opened my eyes to my inner strength. Despite any current controversy surrounding him, I am grateful for his amazing insight into human potential.

*You are born powerful.
You can influence anything in your life,
from your bank account to your body image.*

DID I FAIL AT IT?

Yes. Thirty years after arriving in the U.S. to make movies, I'm still on my way to fulfill that dream. I'm not yet a respected screenwriter and entrepreneur. But I'm looking forward to the day I will be.

HOW DID I MEASURE MY SUCCESS?

Not making it in Hollywood as fast as I'd hoped did not stop me. I have written over 15 screenplays and books, created 10 start-ups, and found financial freedom and recognition as a super executive assistant for financial visionaries.

TOOLS I USE(D)

I'm a strong believer in [faking it till you make it](#). Regardless of any lack of experience or inner fears, I've always appeared confident in front of my bosses and clients. Although I have a strong French accent, only type with one finger, and have not yet mastered English grammar, I was hired as the right hand to several influential CEOs, and real confidence followed.

IMMEDIATELY STOP

...using your power to impress, oppress or manipulate others. **Instead:** Impress yourself. Use your power to help.

STARTING TODAY!



Self-confidence is a muscle you need to [exercise](#) every day through every little opportunity you get (see “Example of a Power Day”). Remember the challenges and adversities you've overcome in the past. If you were able to do it then, you can do it now.



Make “I CAN do this” your favorite mantra. A miracle occurs in your brain once you believe this phrase: “[I CAN](#) do this.” Suddenly, a door opens and the strength, energy, ideas and solutions you need start pouring in. Yes! You CAN do this and pretty much anything you set yourself to do. See [how](#) to find your personal mantra.

EXAMPLE OF A POWER DAY

Use SPORT: Start by achieving something with your day. An early morning workout gets lots of feel-good endorphins flowing through your body and will boost your self-esteem.

Spend time with PEOPLE who believe in you: As I hadn't met real-life mentors, I listened to great coaches on the internet who are available 24/7. My favorites include: [Oprah](#), [Alux.com](#), [Evan Carmichael](#), [Ted Talks](#), and [Tony Robbins](#).

DO something that scares you: My most recent big fright was on Mauritius Island when I drove on the left side of the road for the first time in total darkness. While sweating profusely, I said to myself, "I CAN do this. I HAVE to do this." I started the engine, focused on the steering wheel like a mad person for one hour, and every day for a week. I did not get in any accidents nor receive a ticket, and now I feel like I could drive any car, anywhere in the world or on Mars.

CONQUER your self-doubting voice: When it whispers to you, "Don't do it. You're not good enough...not attractive enough," etc., face it with love but firmness and reply, "You're the voice of my past. I now choose to believe I AM good enough, attractive enough," etc.

Say YES even if you've never done it: You really want that job, but you know you're not fully qualified. Say, "YES! I can do it." Get the job and then get on the internet to [learn](#) how to do it well.



SEE and [appreciate](#) yourself: Do not compare yourself with others, only with your younger self. *Every day, spend 10 minutes feeling proud of your accomplishments of the day.*

REGAIN YOUR ORIGINAL POWER

Know your WORTH: Are you aware that an invisible force is sustaining your life? Pause to think about it. Why is your heart beating? Why are your lungs breathing? What is allowing you to live? Scientists tell us the reptilian or primal brain does those things. But how? Where is that impulse to live coming from? Something, somehow, has decided that you will live and are worthy of a heartbeat and breath and all the other life-sustaining functions your body performs every day. Accept that as a sign that you are worthy to be here.

Nourish your self-image: We behave according to the image we have of ourselves. To make lasting changes, you need to change how you view yourself. Here's how to do that:

- **Visualize yourself as you want to be.** Visualization is the technique of seeing an image of yourself that you are proud of, in your own mind. Practice visualizing a fantastic version of yourself, happy.
- **Affirm yourself.** Affirmations are positive self-talks. They are more effective when spoken out loud so that you can hear them and phrased as questions. For example, ask "Why am I so good at drawing?" instead of stating, "I am so good at drawing," because our brains are wired to seek answers to questions, without analyzing whether the question is valid or not.
- **Change your body language.** In her famous TED talk, social psychologist Amy Cuddy revealed how you can change not only how you feel about yourself but also how others perceive you simply by changing your body language. By engaging in power poses, or body positions that assume confidence, you subsequently begin to think and feel more confident.

3. TAKE CHARGE AND CREDIT

TELL ME MORE...

It's my parents' fault, the government's fault, my boss's fault, my partner's fault, society's fault. *Do you really believe that?* If you do, I suggest you close this book and stop wasting your time. This book does not serve victims. It is written to empower you, not encourage any victim mentality.

MY TEACHER?

Capitalism, entrepreneurs and the American dream. Oops! I just made a few enemies. Capitalism may be far from perfect and could use a serious human uplift but is truly what woke me up from my European fatalist mentality.

*Be in charge!
Be the captain of your life.*

DID I FAIL AT IT?

No. Although I was born in a country that encourages an assisted mentality, my parents exposed me to all types of people from different nationalities and points of view on life. Consequently, I quickly understood the benefits of taking 100% responsibility for my life and feeling in control.

HOW DID I MEASURE MY SUCCESS?

I live 6,000 miles from my childhood French friends. Each year when I visit, I am reminded how different our perspectives and stories behind daily realities as well as our lives' outcomes are. Truthfully, I wish we could all be happier and more successful—together—today.

TOOLS I USE(D)

Surrounding myself with no-B.S. teachers, bosses and friends. The truth. I'd rather hear a difficult truth than live a lie of convenience.

IMMEDIATELY STOP

... expecting others to do the work for you or take care of you. Waiting for Prince Charming or Cinderella. Blaming others for your life. **Why?** This victim mentally limits you and keeps you enslaved.

STARTING TODAY!



“Look at the word *responsibility* – ‘response-ability’ – **the ability to choose your response**. Highly proactive people do not blame circumstances, conditions, or conditioning for their behavior” (Covey, Stephen, [*The 7 Habits of Highly Effective People*](#)).



Your current reality is a direct reflection of your inner world. **Consider your life right now**. Do you have a fulfilling job, a healthy bank account, a life filled with quality friends? All this abundance is a reflection of what's inside you. Do you feel lonely, have problems keeping relationships, or live paycheck to paycheck? All of these inadequacies are also a reflection of what's inside you. The good news is that because you are the creator of your reality, you **CAN** change it. The cockpit is in your mind.

EXCUSES THAT HURT YOU

Do you feel like any of these circumstances are holding you back from success or happiness? Think again because the only thing that is holding you back is YOU.

It's unfair: Forget fairness! It is an unrealistic human ideal. Look at nature and [5,000 years of human history](#). Life has always been anything BUT fair. Claiming that the situation you were born into or treatment you suffered is the reason for your unhappiness or failure is asking the question: "Why did it happen to me?" You may never know the answer. **What you do know** is that happy and successful women and men can be found in all countries around the world, in all social and work fields, in all age groups, and colors of skin. **What you do know** is that if so many others could find happiness and success, so can you—no matter where you started from or where you are today.

I'm not smart enough: IQ does not predict success. The original [IQ tests](#) developed in France in the early 1900s were only meant to help predict which children were most likely to experience difficulty in school. Your IQ score won't tell you anything about [your emotional intelligence](#), your creativity, or your practical intelligence, i.e., "street smarts." A thirty-year longitudinal [study](#) found that cognitive control predicted success better than a child's IQ, and better than the wealth of the family they grew up in.

I don't have enough money: During this exceptional time in history, you can reach your potential within your means. Can't afford to join a fancy gym? Find tons of fantastic [free exercise programs](#) on YouTube. Want to start a business? Learn about [15 businesses you can start for cheap or free](#).

I'm too old: Have you heard how [Nelson Mandela](#), [Colonel Sanders](#) and other [Super Seniors](#) succeeded in their old age?

It's not the right time: Having kids or elderly parents, are undoubtedly taxing of your time and energy. The truth is that there will never be a perfect time to make a change – whether starting a business, going back to school, or committing to getting healthier. Don't waste time waiting for the perfect time. Commit to starting now (see Chapter 7).

I don't have enough time: We all have 24 hours. Each day. I have 24. Beyoncé has 24. The U.S. president has 24. Stop thinking you have less time than anyone else; see Chapter 6 about “Controlling Your Time and Day.”

I've tried and failed: If you've failed before at trying to lose weight, start a business, or land your dream job, I'm deeply sorry AND I'm happy for you. You're that much closer to succeeding this time around because now you have more experience. Some of our [greatest inventors and celebrities](#) went from failure after failure to brilliant success. See Chapter 17 about “Having Goals and Visions.”

I don't have the skills or education: Valid excuse ten years ago. However, nowadays, you can learn hundreds of new skills, from top-ranked universities and online courses, for as little as free and from your home. I personally took an eBook-publishing course before launching this book. Excellent online courses can be found at: [Udemy](#), [edX](#), [LinkedIn Class](#), [Khan Academy](#), [Creative Live](#), [MasterClass](#) and [more](#).



“All blame is a waste of time. No matter how much fault you find with another, and regardless of how much you blame him, it will not change you” (Wayne Dyer).

Thank you for previewing a sample of

HAPPINESS ROARS

It will be available on [Amazon](#) on

January 1st, 2020

to help you make it a great year!

Preorder Giveaway: All readers wise enough to preorder the book will **gain lifetime access** to any future updated e-versions, free of charge. The book will be updated continuously to address new opportunities, rules, and challenges.

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2 - Forward the receipt, your name and your email address to info@armelle.com

