



*Using what's inside to come alive*

Introduction:  
Why Be Happy and What's Inside  
Module One:  
Smelling the Roses Pays Off

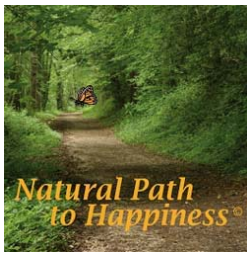
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## **Natural Path to Happiness®** *Using What's Inside to Come Alive*

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## Introduction

### Do you ever find yourself...

- Busy surviving, not living your passions and thriving?
- Caught in a downward spiral of stress and worry?
- Tired of trying to fix yourself or maybe someone else?

### Do you want to know the secret to being happy from your fingertips to your toes?

***If you said "yes," happiness and wellbeing are much closer than you think.*** It's possible to reach your goals without struggling, and without fretting over lost time. **You can** feel confident, secure, successful, **and** flourish in all areas of your life.

When you Walk the Natural Path to Happiness<sup>©</sup> in your

**In Your relationships  
at home and at work**

**You'll use what's inside to come alive.**

*You'll transform yourself – into your best self*

***"Happiness is the meaning and the purpose of life." ~ Aristotle***

We know everybody is looking for happiness...aren't you? But do you find that the more you want happiness and the harder you chase it, the more elusive it becomes? Why is this?

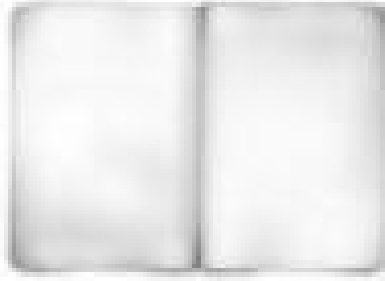
Why? Because most people look in the wrong places. Aren't there times when you've bought products, clothes or shoes that you thought were the latest and greatest...hoping they were the answer to giving you the feeling you want? We've all been caught in that trap--going down the wrong path and missing what we're really looking to find. You may think what you're looking for you'll find on the outside. Or, you may turn inside and focus on what's wrong, strain to fix your weaknesses, struggling along a rocky path growing more and more weary. It can be an endless cycle of frustration.

It doesn't have to be that way because what you may be looking for isn't on the outside--it's on the inside. If you decide to follow this path, it has more magic and scientific

proof that can't be contained, packaged in a bottle, nor is it beautiful clothes (not even a great pair of shoes!) It may be a system you're looking for and all you need is a guide. If you follow it using your heart as your guide it will, organically and naturally, take you on the right path for you to a healthier body, better relationships, a deeper sense of well being, despite the chaos of the outside world. This system you may be seeking is called the "Natural Path to Happiness©."

Through years of work in positive psychology, stress management, and as a life balance coach, I've learned how some people flourish and find happiness – and why others stay stuck. I decided to compile the secrets to happiness and having that life you want in a series of short, simple modules and make them accessible to anyone. These modules are for you if you want to decrease stress, regain control of life, transform worry and fear into a life with more peace, wellbeing and fun. Think about how great it will be to be confident in all your choices. Each module is full of stories; the science and (quick, powerful ideas) techniques, as well as gentle reminders and many stepping stones you can choose from, that will guide you back to finding your own natural path of each and success – today.

**Happiness requires no extra work.  
It is already here, waiting for you.**



### What's Inside?

- Eight energizing, invigorating modules that will put you on the path to happiness today.
- Research based techniques proven to be successful.
- More than twenty “Happiness Builders” – simple techniques that you can put into practice right away.
- Tips on involving your family and loved ones on your journey to happiness.
- Resources and links to the best happiness research, articles, and web sites.
- Self-assessment tools to help you tap into your own rich personal inventory of strengths and gifts.
- Best of all – Permission to be yourself, not fix yourself!

### Plus:

- Happiness Boosters to guide you along the path
- Once a month live call and spot coaching sessions (access to recordings)
- Once a month live Q&A (access to recordings)
- One Individual Coaching Session with Bonnie
- Access to the share and ask questions on the Blog
- Access to the membership area in The Virtual Spa®

