

/ The happiness excuses

We compensate for the elusive happiness with excuses in the race against time.

Our excuses range from new clothes, to the growth of our business to our families and our cars and estates and journeys.

These are momentary. These are placebos.

Six-Sigma of Happiness

At a subconscious level, things around us give us the belief and satisfaction of knowing that these things are there in the impending end of our time.

These are tangibles and our thirst for more does not quench as we find ourselves drawn into a self-hypnosis or social media to seek validation for our pursuits.

That spiral is like a whirlwind that nearly consumes us with the intensity of a tornado as we get sucked into its vortex.

We end up in all that brouhaha in search of that elusive or dreamy resting place by the seaside or a sunny mountaintop. The horizon just keeps shifting. As in the case of Awee.

Happiness is beyond these.

It is at that tipping point that 2 questions assume significance,

1. How much do you need? and
2. What for?

Wrapped in those two questions lies 'mojo' or the talisman and therefore 'Ikigai' or the purpose of our life and thence, the mantra of happiness.

If a person can answer those questions, there is a good chance that she or he has taken the first step forward in exacting their lives.

Six-Sigma of Happiness



Identifying a holistic purpose of life that involves health, peace, family, a limited social circle and an ability to give are more likely to lend to a sound sleep that accounts for a joyful and happy life filled with gratitude.

Of course money is important.

Just how much? and What for? are the questions! It may take a life time to answer that, if one does not pay one's exorcist from remaining possessed in the surrounding madness.

This book doesn't just evangelise, it shall take you to those answers. So read on! Answering those 2 questions above will reveal the next expanse of Happiness.

The eventual purpose of life is to seek happiness and while that does take running around, answering those questions has the potential of stopping our mindless chase and cutting our self hypnosis ranging from the hoardings and the running around the musical chairs.