

HAPPINESS CONVERSATIONS

Book Excerpt

Globa Debut April 2022



MANNY ANCHAN



“The defining conversations to your happiness”

John Abraham

Foreword

Hello,

It is good to see you at the start. I mean the end is not bad, the middle is good too but the start is something else, right? A lot of things happen at the start. You get introduced to new people, new places and new stories. The start is kinda cool. But we don't always want to be restricted to a starting line, right? So here you can start anywhere. The start, the middle or the end. There is a new conversation waiting for you on every page.

So anyway as I was saying, welcome to our happy place. This is a place I created so we can have all the cool, important and happy conversations. Let us get to know the 3 characters of this book - the man, the kid and the dog.

The man is me - Manny. The kid is my son, Sohmi and the dog is the lovely and charming Max. We are a family that loves to

travel, read and live life to the fullest, our happiest selves. In this book you will find us having conversations about Ikigai to mindfulness to fitness. I feel that such conversations are super pertinent for us to find our own happiness and help our loved ones to find their happiness too.

So give this book a read and add more prompts to your conversational skills. Hop on the exciting joyful journey of discovering your sources of happiness and take everyone with you.

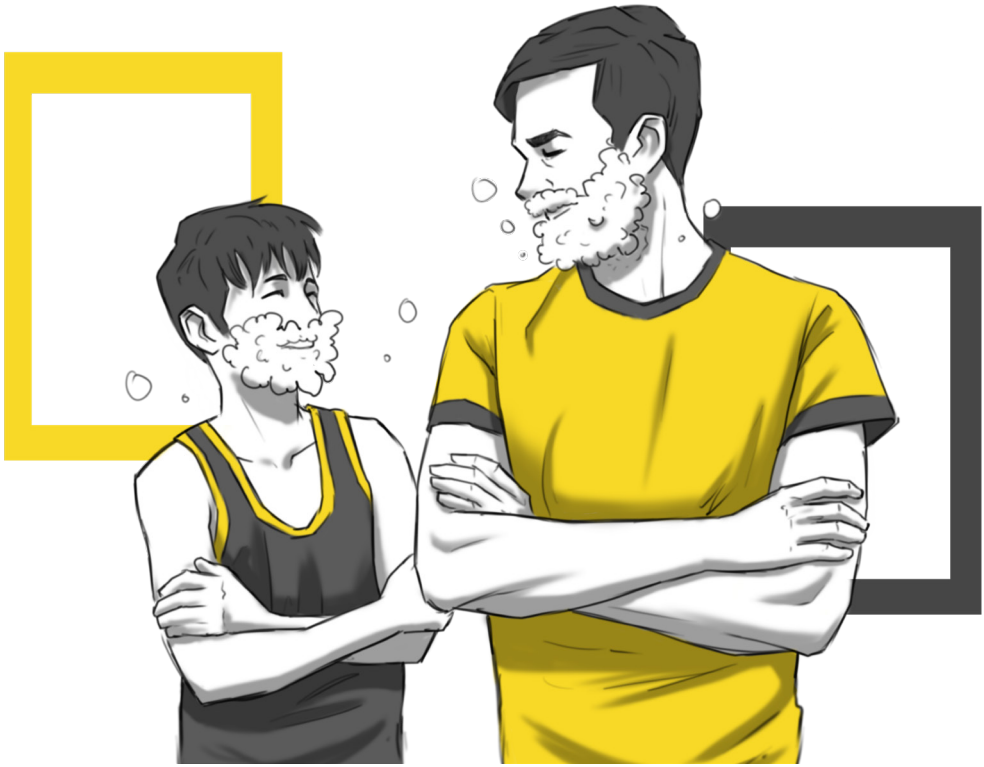
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Chapter 1

Happy Skills



Mufassa: Self-care is a great form of self love. Taking care of ourselves is important and it doesn't have to be anything extreme. It can be small things like shaving your face, having a skincare/haircare routine, eating your favorite food, etc.



Simba: Why do you tell me stories all the time?

Mufassa: Hearing from someone's experiences moulds us for the future.



Chapter 2

Know Yourself



Mufassa: Life cannot always be perfect, but it can always be ‘pawfect’. Thank you, Maximus! You make our lives so happy.

Simba: Is it fine to thank people in our life? People, humans and animals, and things?

Mufassa: It is beyond satisfactory to feel thankful for, to feel grateful for! It makes you so much more of a person. You can thank anything and anyone, in fact, you must.

Maximus: A good mind and a good heart are complimentary to each other, isn't it?

Simba: Yes, absolutely. The very essence of mindfulness comes with being aware, of yourself and your actions.





Chapter 3

Recognise your Emotions

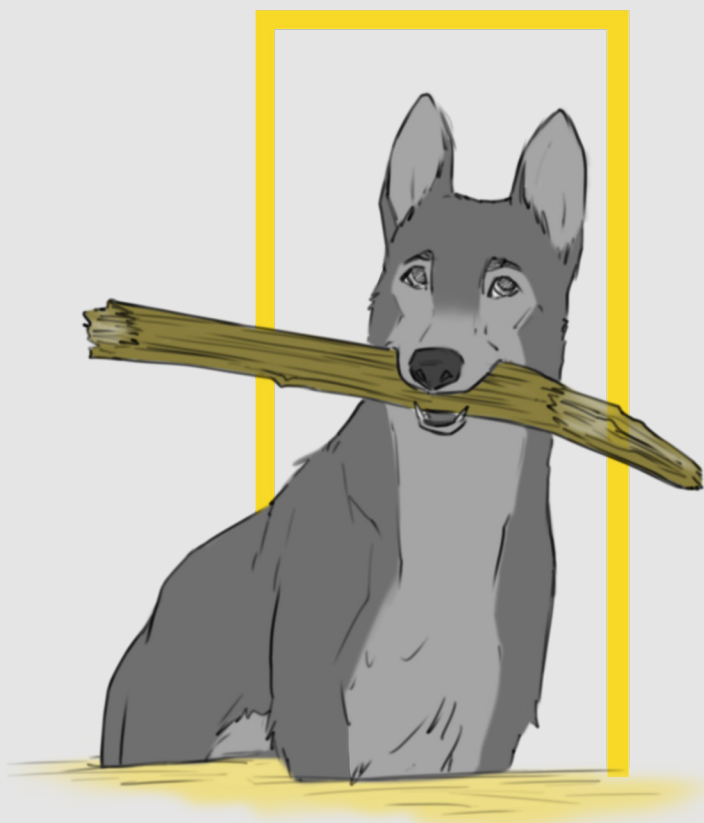
Maximus: Dogs feel too! In fact, all animals can. We can hear you cry, and feel sad. We can hear you laugh and feel happy too.





Mufassa: What do you think emotions are?

Simba: Emotions are something that help us understand and love each other better.



Chapter 4

Mindfulness

Simba: What is the key to happiness?

Maximus: It is keeping life simple. If we can master enjoying the little things that fill our life with joy and hope, we will always be happy.





Mufassa: Life is not about winning or losing. It is always about purpose, respect, love, empathy, passion and kindness. People will always remember how you played the beautiful game of life and made them feel happy.



Chapter 5

Social Skills

Simba: I wish it was easy to talk to people as easy as it is to talk to you.

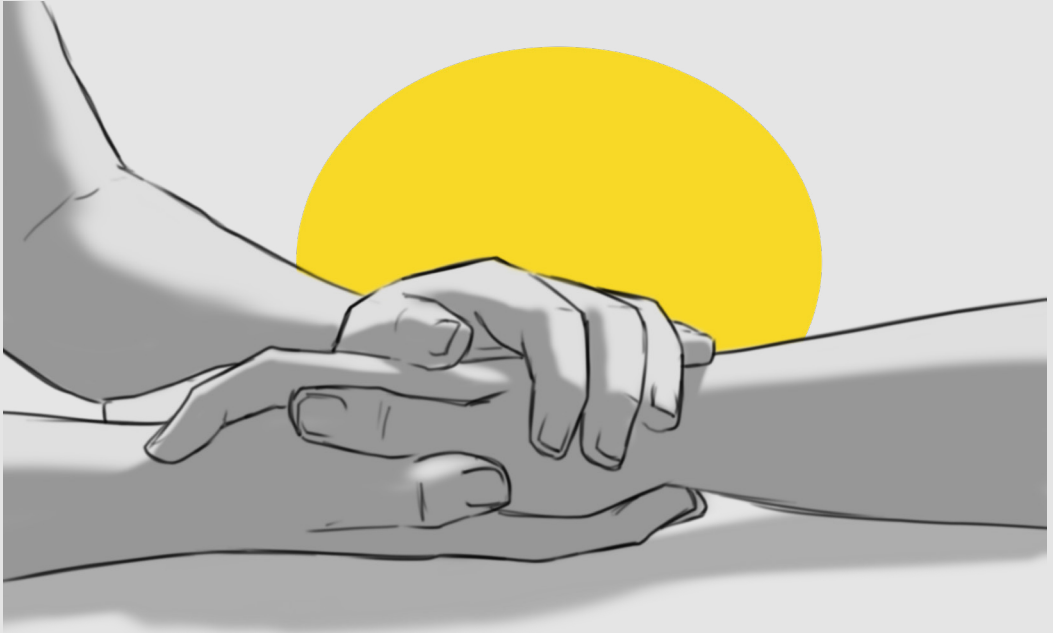
Maximus: It will get easier once you try.





Maximus: Why are friends important?

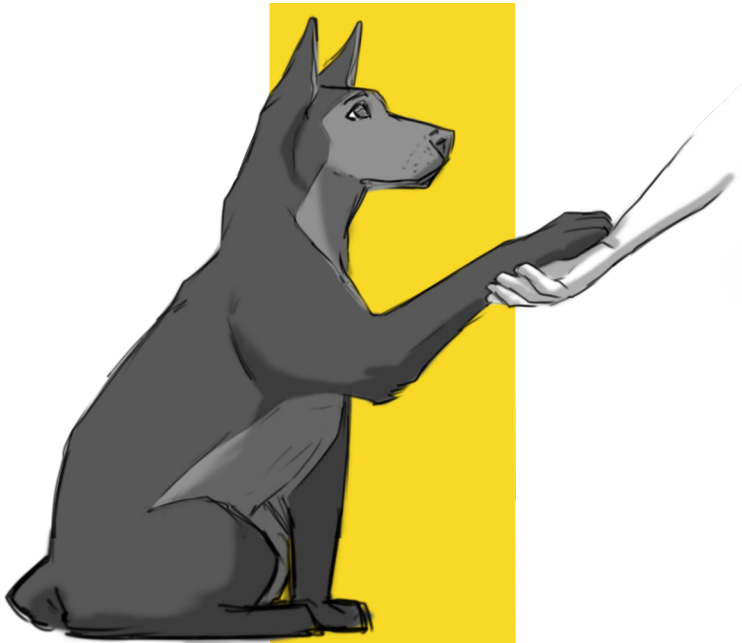
Mufassa: Friends are the best medicine, there for confiding worries over a good chat, sharing stories that brighten your day, getting advice, having fun, dreaming... in other words, living happily.



Chapter 6

Compassion

Mufassa: We can learn so much from dogs. They put an immense amount of trust in their families, the unconditional love for their humans and they get happy with the tiniest things in life.





Simba: What do you mean by self compassion?

Mufassa: Self-compassion is being accepting, understanding and loving towards yourself. You will feel sad, angry at yourself and would feel not enough sometime and it helps when you redirect the compassion you have for others to yourself.



Chapter 7

Keep Growing

Simba: Why do we try new activities every month?

Mufassa: Trying new things opens our minds to new experiences and possibilities and helps us learn new things about ourselves. Also, it's fun and we get some father-son bonding time.



Mufassa: Being a parent gives you opportunity to teach your kids about different things and give them space to grow in the direction they want to.





Chapter 8

Be the Leader

Mufassa: A good leader is someone who knows how to get quality work done with the employees and who also knows how to have some fun and let loose with others.





Mufassa: It is good to dress smart when the world is going to see you as a leader. It helps magnify your leadership to people who don't know you.



Chapter 9

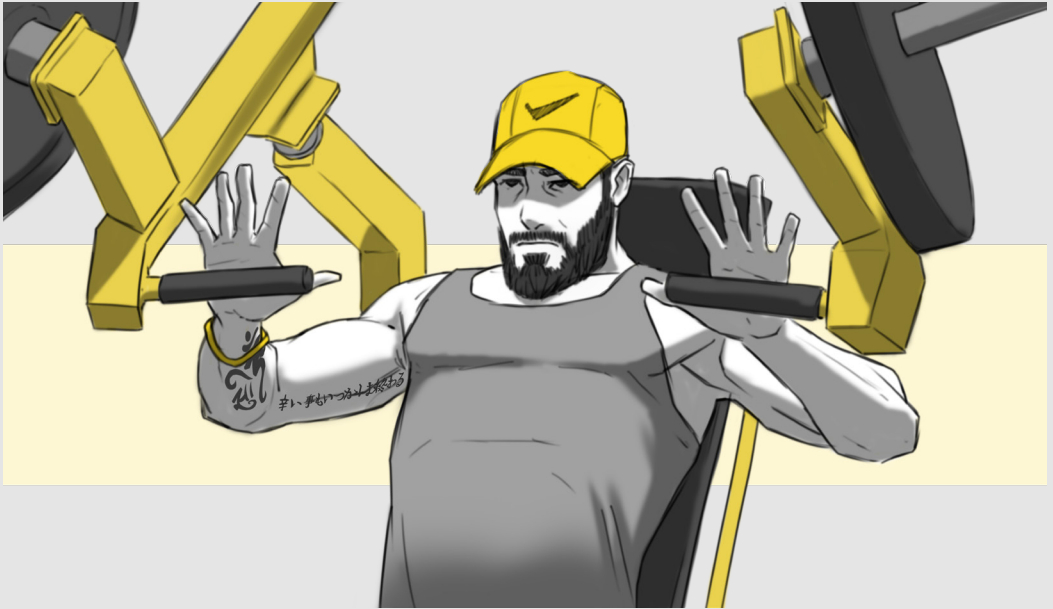
Peace and Conflict



Mufassa: Peace is like this calm that spreads like a ray of sunshine in your life and just brightens everything up.

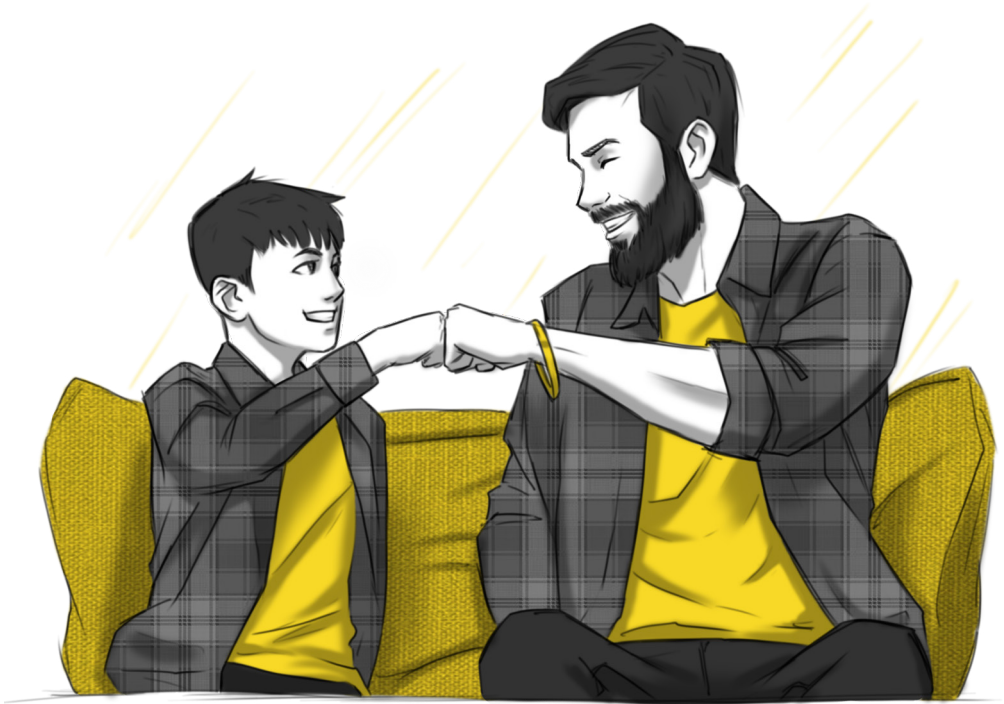
Mufassa: Anger shouldn't control our actions. We should know how to control our anger, and only then, we will be able to take judicious decisions.





Chapter 10

Be Healthy



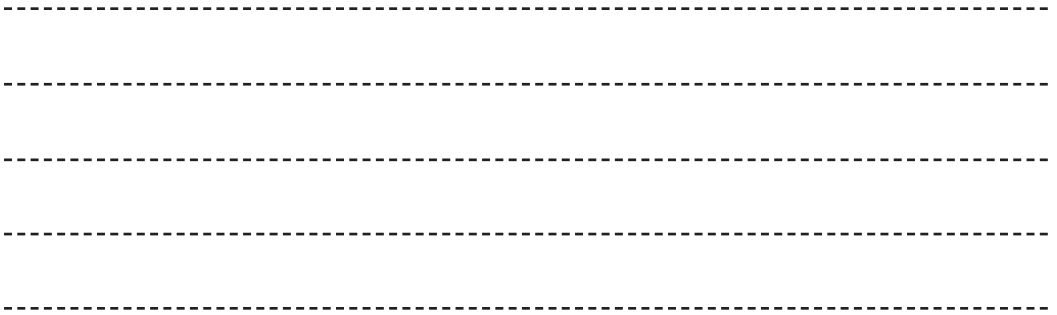
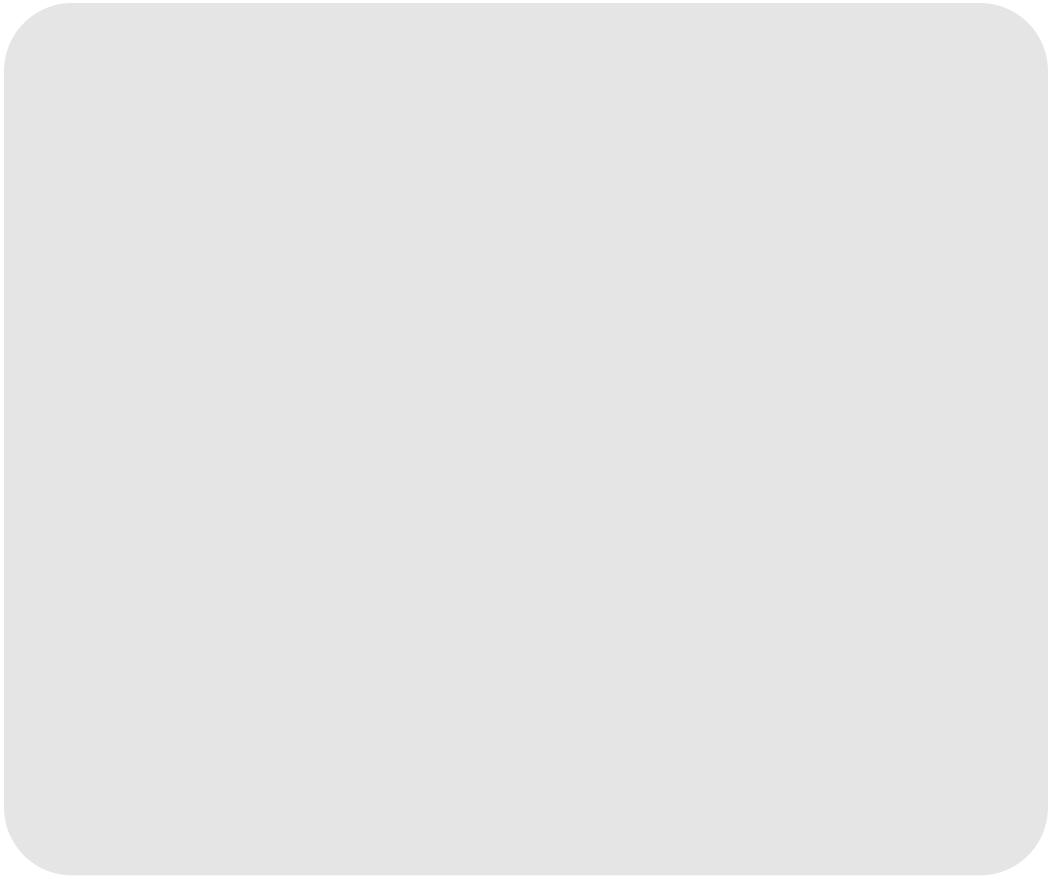
Mufassa: You are doing great with your exercises buddy. Great discipline you have there.

Simba: Thanks dad. I want to continue with this and be fit and healthy for a long time.



Maximus: Running is the best. It is just you in the moment and no one & nothing else. It is just you and your breathing.







HAPPINESS SAMURAI

The defining book of the moment



HAPPINESS MEMOIR

A sequel of Manny Anchan's first book Happiness Samurai



Manny, Sohm and Maximus Anchan

“To the reason of my being. To my heartbeat. To the purpose of my existence. To my favorite hello and my hardest goodbye. To the one who constantly inspires me to reach for the stars. I will always love you with every breath I take.”

Get the book now!!



Hap-Quo

HQGPL

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