

## **Introduction**

Loads of books on happiness are being published these days. Maybe you've read some. And maybe, like me, you've found that thinking about happiness quickly becomes confusing and actually can distance you from the very experience of happiness that you're seeking.

So don't read too many of those books!!

There, I've saved you a bunch of time and money. Aren't you happier already?

To use "Full-Spectrum Joyfulness," you don't need any more theoretical knowledge than what's contained in the next few paragraphs.

## **The Theoretical Stuff**

We tend to have a "happiness set-point" that does not change very much over the course of our lifetimes. This innate predisposition accounts for about half of your happiness. Another ten percent of your happiness, or lack thereof, can be attributed to the circumstances of your lives -- whether you recently got married or divorced, for instance.

The remaining 40% of your happiness is in your hands. Studies show that certain activities reliably create more happiness. That's the good news.

However, constantly taking your emotional temperature -- asking "am I happy?" -- invariably leads to discontent, because the concept of happiness is abstract, elusive, fleeting.

Thinking too much about happiness can actually make some people feel distanced from the very experience they are seeking. You might tend to start over-analyzing, inspecting every feeling you're having to see if, in fact, you are happy -- or happier than you were a minute ago -- or when will you be happy again? --and the next thing you know, you're back into ruminating or worrying.

That's why this book focuses on Joyfulness. There are no grey areas in Joyfulness. You're either joyful or you're not.

## **Happiness**

Mental construct

Binary

Judging

Complex

Time-bound

Subjective

Closed-ended

Either/Or

## **Joyfulness**

Physical

Wholistic

Experiential

Simple

In the moment

Objective

Open, flowing

Both/And

Joyfulness is our name for those reliable, practical attitudes and activities that make us feel good right now, in this moment. Add enough of these joyfulness attitudes and activities into your life, and it's like adding yeast to dough -- eventually, the whole loaf is going to rise.

If you'd like to be more joyful, there are some very simple things you can do -- without having to do very much of anything except practicing some fun and easily learned techniques that you can put into action as you go about your everyday life.

### **The Importance of Variety**

To be happy in the present moment, people need a variety of joyfulness experiences. If we don't have that variety, we keep on floating back down to our happiness set-point.

Unfortunately, too many of us limit ourselves to one or two sources of joyfulness, instead of taking advantage of the abundance of joyfulness sources that surround us.

The Sources of Joyfulness can be sorted into seven general categories, to remind us of this abundance.

"Full-Spectrum Joyfulness" uses the visible-light spectrum as a simple device to help us remember these seven categories, which in turn remind us of the many Sources of Joyfulness that are available to us at any time or place.

## **The Importance of Risk**

You can have a pretty good time doing the Full-Spectrum Joyfulness games on your own, but your joyfulness level will rise exponentially if you incorporate an element of risk-taking, and engage with other people in joyfulness-generating activities. Pushing past your barriers is exhilarating. And it gives you courage to try more and more new experiences.

No one will judge you on what's risky for you. It might be a physical adventure, a social one, a relationship risk, or even a spiritual one. This book is going to gently but firmly encourage you to stretch and risk. Let's begin!

*Chapter One: Receiving*