



VIVE LA RÉVOLUTION

**We hear a lot about the far left
and the far right, but never
the far middle.**

The problem with most revolutions is that they can get messy. They're associated with rabble rousing, bloodletting, overthrows and mass demonstrations. People can lose their heads.

This isn't that.

Welcome to our *alternative* revolution.

THE HAPPINESS REVOLUTION is centred on the most sought after ‘thing’ on the planet. We had to put ‘thing’ in inverted commas because, technically, happiness isn’t a ‘thing’. It’s not got a shape, form or mass. Happiness is an emotion. A feeling. It’s something we want more of for ourselves and if we asked you what you want for your children and grandchildren – and you could only have *ONE* thing – that’d be happiness too. Like us, you’re not too bothered about what jobs they end up doing or who they end up marrying (or not), so long as your offspring are happy.

Happiness, so sought after, so in demand. *Yet so scarce and fleeting.*

We need to come clean at the outset. There are no guarantees. There is no single happiness silver bullet. But we promise you that there are ways and means of improving your chances of having more good days and fewer stinkers.

Rather than waiting (*and waiting and waiting and waiting...*) for evolution to equip us with the necessary skills to thrive, we’re inviting you to join a revolution. Don’t fret – Paul and myself have no goons or henchmen and we’re absolutely NOT asking you to grab a pitchfork and march to Parliament. To avoid any misunderstanding, we’re calling it a ‘quiet revolution’. An uprising of wellbeing and a raising of the bar from mental health to mental *wealth* because, bottom line, there’s a world shortage of happiness right now. In fact, there’s a glut of the total opposite, hence our call to action to every person on the planet.

We’re pitching in at whatever’s the opposite of doomsday and herein lies the nub of the problem. I’ve just Googled ‘doomsday’ and there is

no opposite. The dictionary gives me 26 disaster synonyms (meltdown, apocalypse, bloodbath, catastrophe and suchlike) but no equivalent good day. It seems the Four Horsemen of the Apocalypse can ride into town unopposed. And that's pretty much what's happened. Negativity has had the upper hand for way too long. We're well versed in phobias and disorders. We have entire systems in place to catch the anxious and unwell. Psychologists have spent 150 years perfecting pills, potions and therapies and yet mental ill health has got staggeringly worse.

'Thousands of people are living lives of screaming desperation where they work long hours at jobs they hate to enable them to buy things they don't need to impress people they don't like.'
[Nigel Marsh]

We understand that when you buy a personal development book, you want some answers. Give me some strategies, ideas and techniques. I need to learn how to wrestle back some control of my life. I want to regain my sanity, clarity and wellbeing. I want to learn how to feel amazing in a world that seems hell bent on knocking me sideways.

I've paid my money, now tell me how to feel good!

And because you care, you give said strategies a really good go. You meditate and journal. You're up at 4 am to create your 'miracle morning'.

You become a kindness ninja and a grand master of gratitude. You yoga yourself silly. Diet: *tick*. Sleep hygiene: *tick*. You breathe and smile and work super hard at being positive. You master the power of now. You define your purpose, discover your strengths and get into a flow state. You set goals. You visualise. If you've read *The Secret*, you chant mantras in an effort to 'manifest' things into your life.

And yet...

... the Ferrari never arrives. The nagging doubts remain. Whatever was missing is *still* missing.

David Hare describes it as painting over the rust.

We're really good at applying glossy new wellbeing techniques upon the rustiest girder of discontentment and exhaustion.

We can have the very best intentions, but it doesn't take long for the rust to bubble through. Rather than glossing over bad habits, true personal development needs to take some sandpaper to the rustiness.

So here's our deal; it's time to try *less* hard.

I know! It doesn't seem right to die and leave the world in a mess – but everybody does it, so chill. You can't cure the world. Caring with a passion is noble and well intentioned, but it will also make your knees buckle. Instead, why not treat yourself to some 'subtractive psychology'. Jettison some responsibility. Shed some thinking. Let go of tired old habits. Park your negativity. Drop the guilt. Offload that nagging

self-doubt. With that excess baggage gone, the spring returns to your step, a smile to your face and, bizarrely, the world becomes much more doable.

Our book has a touch of the counter-intuitives about it. Our advice is to look around at what everyone else is doing and NOT do that! In a world where we've already got enough to do, it's our belief that the solution is not only to try less hard, but also to do less.

Do less, but *be* more.

Humanity has somehow managed to worry itself sick. In which case we think it must be perfectly possible to *un-worry yourself well*. Let the good times roll. Quite simply, we want you to sign up to being your best self. *Consistently*. And while that might not change THE world, it'll certainly shape yours.

So what does an uprising of wellbeing look like?

The truth is that nobody really knows.

Nobody is ever described as 'stark raving happy'.

The news never reports on a bunch of smilers who are so overjoyed with life that they've made placards and have organised a demonstration and a march to parliament to proclaim their satisfaction with life. There's never an announcement that 'This hospital is working so brilliantly that we've instigated an independent review to look at the evidence to find out why it's so epic'.

The mass celebration of wellbeing has to start somewhere, and we're suggesting the best place is with you. No petitions, pitchforks,

placards, protest marches or toppling of statues required. This revolution is so quiet that nobody will hear it because it takes place in your head. But, my goodness, they'll see it alright.

**Because once you sort things out between your ears,
it shows in your behaviours, which ripple out into your
loved ones and beyond.**

You become an example of what an awesome human being looks, sounds and feels like. Yes, dearest reader, we're asking you to join a revolution that feeds into a worldwide movement. It's our cunning plot to take over the world. In an era of rising anxiety, panic and tumult, it's time to make a stand – to become one of the few rather than one of the many. ~~Let's fight them on the beaches, let's fight on the landing grounds, let's fight in the fields and in the streets...~~

Sorry, wrong speech.

Let the fight back to mental wealth start right here. Welcome to global domination of the *happiness* kind.

Mwah ha ha ha haaaaaa!

A brand new beginning. That's where the revolution starts. We'd therefore like to raise a glass and propose a simple toast:

*To you. Welcome home. Welcome
back to your best self.*

You Are Cordially Invited
To Join

The
**HAPPINESS
REVOLUTION**

When: Right Now **Where:** Right Here

What to bring: Come as you are
(dancing shoes will be required)
Bring a like-minded friend

Directions: Read the book. Apply the learning

RSVP to: *HappinessRevolution

