

# 20 EASY WAYS TO BE HAPPIER & HEALTHIER

IN 1 WEEK

BY  
DHYAANGURU  
DR. NIPUN AGGARWAL



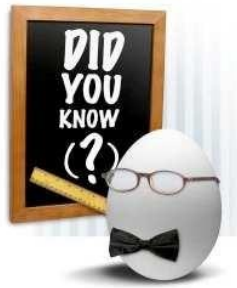
## ABOUT THE AUTHOR

Dhyaanguru Dr. Nipun Aggarwal is a Humanitarian, Philanthropist, Mentor, Motivator, Doctor and a Spiritual Guide who has helped thousands over the years with Lectures and workshops on Self-Development, Meditation and Mantras.

Dr. Aggarwal is a Physician listed as one of the Top Leading Physicians of the World. He has delivered lectures on Motivation, Confidence building, Personality Development, Hypnotherapy and many more natural ways of Healing over the World. He has a doctorate in Medicine and Masters in Hypnotherapy with special interest and expertise in Meditation, Acupressure, Reflexology and Alternative Medicine.

This book is very easy to read. The fundamentals described in the book are very simple and easy to follow.

## 1. CHANGE PERCEPTION



*Fact: Everything you see or hear or experience in any way at all is specific to you. You create a universe by perceiving it, so everything in the universe you perceive*

*is specific to you- Douglas Adams*

For a change, see positive in everything that happens in your life.

Right from getting up to going to bed at night, see everything with a positive attitude. Humans have evolved over thousands of years. By nature, we always try to think of negative first to make

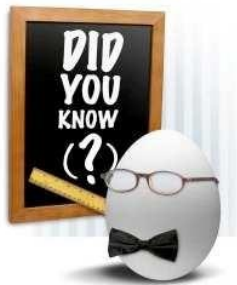


sure we are safe. A lot of times, it is the factor of competition or jealousy which stops us from thinking good things about events or people we come across in our lives. By thinking good of events and people, we create a harmonious relationship within ourselves

which boosts our confidence and mood. We see things better and better things start happening to us. Let's say that you feel that your boss has been mean to you for some reason. For a change, try to see it as by doing that he is doing good to you. He may be mean because you are doing well than others and he is scared that his position may be lost because you are a potential candidate. Or, he is going through some trouble in his life and somehow he is projecting the negativity to outside world and you being the most vulnerable, you get to bear the brunt of his behavior.

So, just take it easy, relax and think positive.

## 2. SMILE



*Fact: It takes 43 muscles to frown but only 17 muscles to smile. So better Smile and save some energy.*

Smile increases endorphins and serotonin in body leading to good feeling. It has been said for a long time that 'Smile goes a long way'.



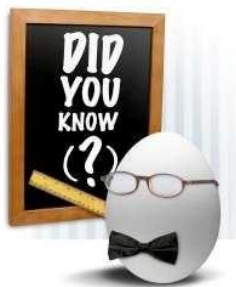
It is so true. You would realize that you enjoy going to places where people greet you with smile. You also like to socialize with people who are smiling. **Smile is addictive.** You can test it anytime. Next time you see a person walking or sitting next to

your table in a restaurant, give them a smile. I am 100% sure that that person would give you a smile back.

### **SMILE IS CONTAGIOUS.**

When you give a smile to someone, you not only improve yourself, but you also improve others. They feel important and worthy of a smile. It creates a chain reaction. And it is such a great feel to know that you are the catalyst of that chain reaction. So, Smile.

### **3. CALL AN OLD FRIEND**



*Fact: If you cannot think of any nice things to say about your friends, then you have the wrong friends.*

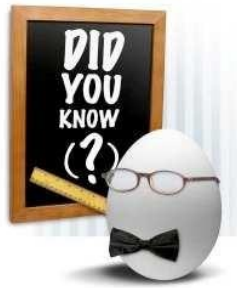
It is always good to connect with friends. Our memories make up our sub-conscious mind. Reviving good memories creates multiple effects in body.

- a. Relaxes our mind
- b. Creates positive self esteem
- c. Improves brain function



Friends are people who we grow with as a person we are today. They are very important. We cannot choose our parents, but we can choose our friends. Friends help us when we are in need. There are many instances in life where the only people you can think of are friends. We cannot even share some things with parents or siblings. Good friends are strong walls you can lean on anytime without fear of being hurt. Just remember the one instance from your memory lanes when you were really having a good time with a friend. Call him or her and try to relive those memories whenever possible.

#### 4. LISTEN TO CALMING MUSIC



*Fact: Music greatly modifies our mental disposition.*

Music has a big role on our mind and body. Different tones and vibrations relate to different parts and glands of our body. Relaxing music triggers our auditory-neuro-hormonal pathway and



promotes relaxation and sense of well-being. When we are relaxed, we think positive. Thinking positive in turn leads to good thoughts and ultimately good actions. Music can become a source of energy. By listening to favorite music, a person can feel a bigger moral strength and a stronger wish to commence or continue a desired activity. Beautiful music decorates life, makes people kinder and develops positive spiritual qualities.



## 5. FORGIVE



*Fact: "Judge nothing, you will be happy.*

*Forgive everything, you will be happier.*

*Love everything, you will be happiest."*

*~Sri Chinmoy*

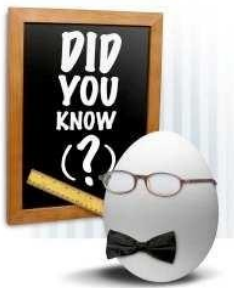
To err is Human. We all make mistakes knowingly or unknowingly on a daily basis. Mistakes are our best teachers. They always teach us something. We get wiser with each mistake. It's hard for people to forgive others and sometimes own self for things that happened.



Whether someone has done it deliberately or undeliberately, it has happened already. There is not point holding it on for long. When we keep

things unsolved for too long, it settles in the subconscious and creates waves of unpleasant neurochemical reactions which are harmful for mind and body. So forgive self or others for what they have done so that you can settle your subconscious.

## 6. WAKE UP EARLY IN MORNING



*Fact: Successful people are early risers*

We all have heard this multiple times from our elders that "Early to bed and early to rise, makes a person healthy, wealthy and wise."

It is very true. I know it is very

hard to get up early in the morning with the kind of lifestyle we

have, but once you do it, you feel so good, that you would want to

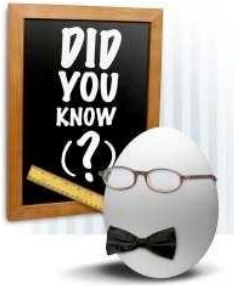


do it again and again. That one extra hour in the morning is most productive part of the day. Whatever you would do in that one hour would lead to great results. There are multiple reasons for that.

- a. You are fresh,
- b. You are relaxed.
- c. You are well rested.
- d. Your mind is not racing with multiple thoughts in the first hour.
- e. Highest concentration of positive hormones in the morning.

So, if you have some work which you have been wanting to do for a while, but do not get enough time to finish it off, try once to do it in that one hour.

## 7. DRINK MORE WATER



*Fact: 75% of Americans are chronically dehydrated. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.*

Over 70% of human body is made of water, making it the most valuable energy source.

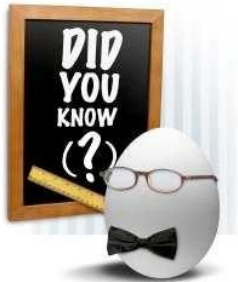
### Benefits include

- \*Clears all body toxins
- \*Improves colon and bladder health
- \*Improves circulation
- \*Improves muscle strength



- \*Improves skin texture
- \*Promotes muscle growth.
- \*Reduces weight
- \*Better mood
- \*Better exercise
- \*Increased productivity
- \*Reduces fatigue and tiredness

## 8. EAT YOGURT



*Fact: An average 8-oz. serving of yogurt has 8 to 10 grams of protein and up to 35 percent of the recommended daily intake of calcium.*

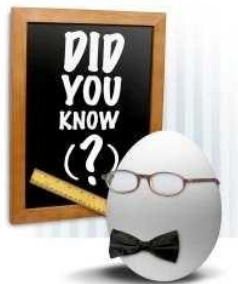
The benefits of yogurt have been underestimated by most people. Yogurt has millions of healthy bacteria which are helpful for colon health. Colon is a very important organ to detoxify our body.

These bacteria work in conjunction with each other to make sure we digest the food right and eliminate the toxins. Eating yogurt 2-3 times a day with meals or as snacks will promote healing.



It is a rich source of calcium, protein and vitamin d. It improves bone and muscle strength, improves immunity and improves joint functions.

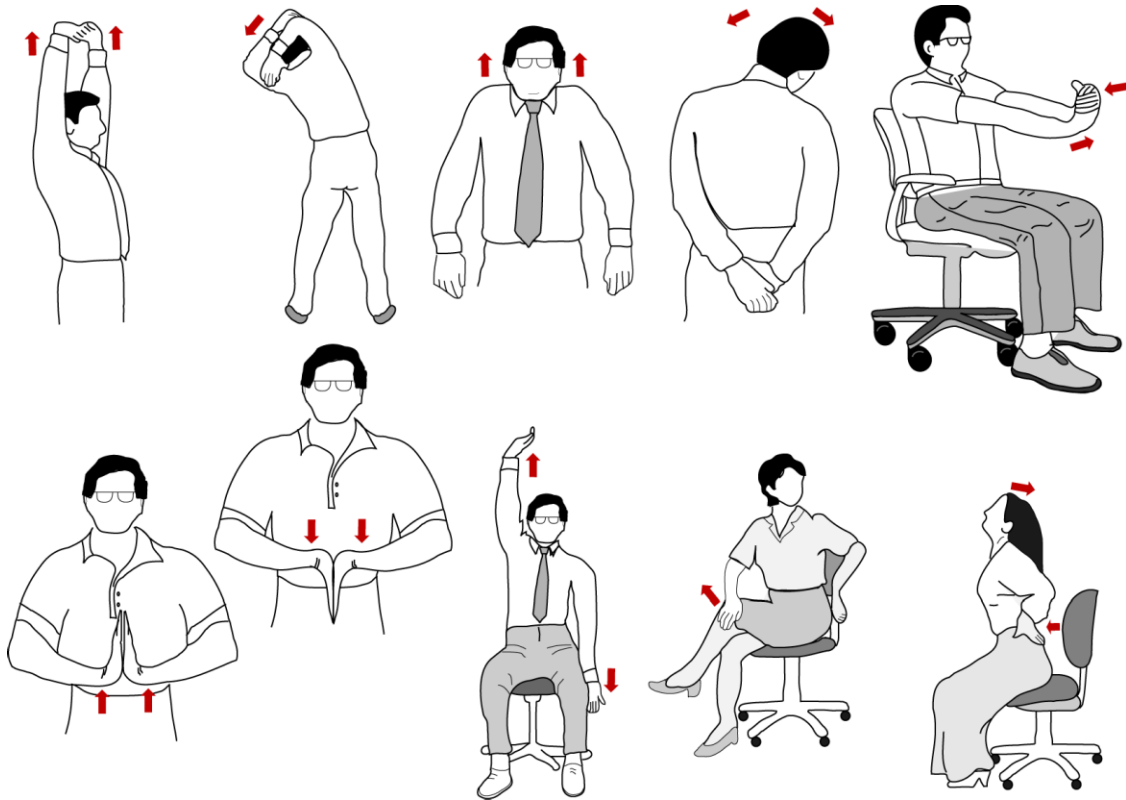
## 9. STRETCH



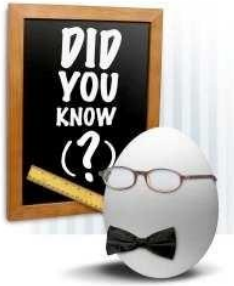
*Fact: Sitting in front of a desk every day can wreak havoc on your body, especially since most of us don't have the best posture. Hunching the shoulders and*

*slumping in your seat can cause back pain, headaches, tension and tightness in your back, neck and shoulders*

Just for 10 minutes a day, even while you are sitting, you can perform a few simple stretches to improve your bone and muscle functions. A few examples are illustrated in the picture.



## 10. EAT A HEALTHY BREAKFAST



*Fact: Researchers from the National Weight Control Registry, a database of more than 3,000 people who have lost at least 60 pounds and kept it off for an average of 6 years, found that eating breakfast every day was a weight control strategy for 78% of the people in the registry.*

Eggs, juice, milk, wheat bread, whole grain cereal and oatmeal are the best choices for a healthy breakfast. According to research, skipping meals, especially breakfast, can actually make



weight control more difficult. Breakfast skippers tend to eat more food than usual at the next meal or nibble on high-calorie snacks to stave off hunger. Several studies suggest that people



tend to accumulate more body fat when they eat fewer, larger meals than when they eat the same number of calories in smaller, more frequent meals. You do not have to have the same thing everyday. Change creates spice in life.

## 11. ORGANIZE YOUR CLOSET



*Fact: Organizing closet saves time in mornings, keeps your mood right and improves your organizing skills. It is well known that people who keep their closet organized are good organizers overall.*

Our belongings stay in closet. The way we carry ourselves can be easily correlated with the condition of our closet. So clean it.

How we are inside is how we are outside. If inside is good, outside always turns good.

The idea is to organize. When we organize, we feel good, we get a sense of achievement. All high achievers are good organizers.

Just keeping your closet organized, would lead to cleaning your subconscious mind, improving sense of well-being.

A few easy ways to do is to follow the 80/20 rule. 80% of the things we have are only used 20% of the times and 20% of the things are used 80% of the times. So put the 20% items in front where they can be easily approached and kept. The rest 80% good stuff that you piled up over time thinking that you will be using it, but as usual did not get a chance to use, needs be the one that needs sorting out soon.

Take 2 big plastic or cardboard boxes. Separate the ones that you honestly feel that you would be using in future and the ones that really fit well. Put them in the Box named MINE.

The ones that do not fit, or are now old fashioned or the ones you have used enough that you don't feel wearing anymore, put them

in a box named DONATE. Most people are able to get at least 25-40% of the stuff in Donate Box.

Now your closet is clean and very well organized. Take a picture with your digital camera to remind you of that moment.



## 12. DONATE



*Fact: Hunger and homelessness are among the most pressing issues faced by US cities.*

*According to the Census Bureau, the nation's poverty rate rose to 15.1% in 2010, its highest level since 1993. In 2009, 14.3% of people in America were living in poverty. For just \$1, food banks can provide 8 meals to men, women and children facing hunger.*

Human minds are designed in such a way that consciously we want things to come to us, but subconsciously we all have a charitable corner which keeps hidden by clutter in our

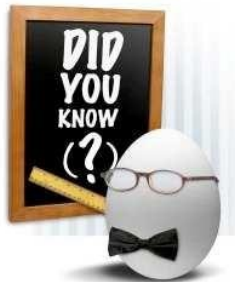


mind. It is time to remove the clutter. Your clutter could be someone's need. Your old pair of shoes, shirt, pants, coat etc. are some of the items which you can give out to those who are in need. You just have to dump them in a box and drop it



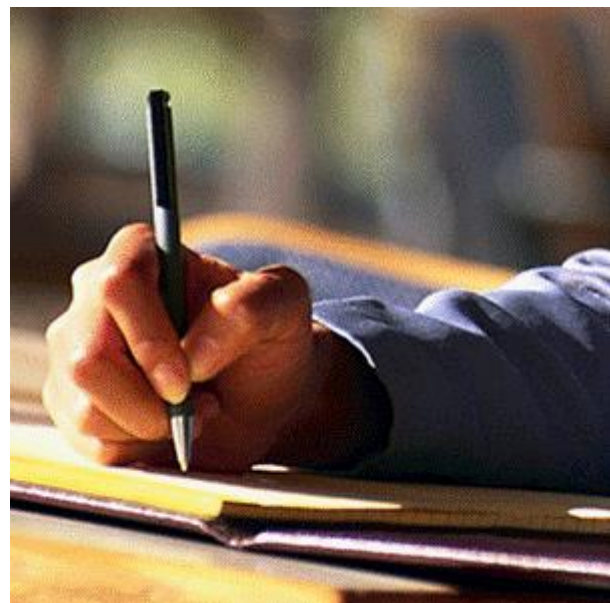
off at the nearest GOODWILL center. You will get a lot of satisfaction by doing this. When we give, we get a sense of contribution to society. Contribution connects you to the outer world. So you achieve two goals, Inner satisfaction and connection to the society.

### 13. WRITE SOMETHING



*Fact: Writing enables the transmission of ideas over vast distances of time and space.*

Whether it's something about yourself, an article, poetry, story or whatever, write something. When we write we



use our advanced psychoneuomuscular channels. Big word haan!!

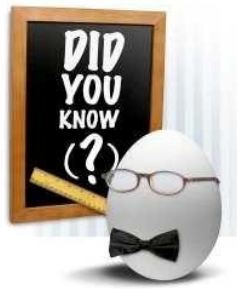
It's easy. Basically what it means is that we connect our brain centers for thoughts and imagination along with nerves and muscles to achieve a goal to write something. With writing, we open up the imaginative part of brain which is the Right side of brain. With our current lifestyle and needs, we mainly use Left side of the brain which is the logical side. It makes us do the things Right. The Right side is more related to creativity and imagination. So by imagining, you are actually increasing the brain power for the good.

Share your work with friends who you think would love to hear about your creativity. If you don't feel that there is anyone who would be interested in listening to you, take a look in the mirror.

The one you see in the mirror is your best friend for life. It will never leave you till you exist. It will follow you wherever you go.

So share your thoughts with yourself. It will help you get to know your own self more

## 14. GET A GOOD NIGHT SLEEP



*Fact: The "natural alarm clock" which enables some people to wake up more or less when they want to is caused by a burst of the stress hormone adrenocorticotropin.*

*Researchers say this reflects an unconscious anticipation of the stress of waking up.*



It's hard to believe, but over 50% of people suffer from sleep disorders of some kind. Sleep constitutes at least 1/3 of our life. That 1/3<sup>rd</sup>

of time spent in sleep creates a lot of neurophysiological reactions in the body. If we do not sleep well, our cortisol hormone which is also the stress hormone, rises rapidly. This in

turn leads to weight gain and multiple other health and mental issues. Poor sleep creates imbalance in our neurotransmitters (dopamine and serotonin) in brain leading to mood disorders, anxiety and depression.

A few ways to improve sleep are

a. Sleep on time: Stop watching late night TV shows and movies for few days and get to bed at a decent time.

b. Sleep at least 7-8 hours: We all need to balance out life if we want a healthy mind and body. It is not the money that makes us wealthy, it's our mind, body, thoughts and actions which make us rich.

c. Read a book or listen to calming music before going to bed.

d. Drink a glass of warm milk.

e. Take a shower if you like. That would be icing on the cake.

f. Change your bed sheets: A lot of times we do not change the bed sheets periodically, i.e., at least once a week, which leads to

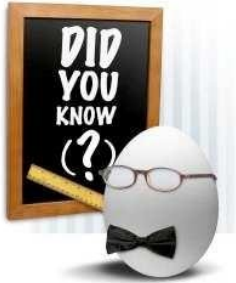


build up of certain allergens and bacteria which may cause skin irritation, sinus congestion, etc which lead to poor sleep.

**g. Put your cell phone to silent mode:** You do not need to get disturbed by the beeping of your phone every time you get an email which are usually useless emails telling you about some promotional deals or stuff like that.

**h.** If you snore, get early morning headaches or feel tired and sleepy during the day, then you would need to be evaluated for Sleep Apnea which is a very common problem especially in overweight people and smokers.

## 15. CLEAN YOUR CAR



*Fact: Maintaining the cleanliness of car makes driving even more pleasurable and helps prevent accidents while your eyes are on the road. That is why poorly kept cars are more prone for accidents statistically as compared to well kept ones.*



For a lot of us these days, cars are the main means of transportation. Ideally, car is like a mini room, air-conditioned

with nice seats and good music. But a lot of times we forget to clean the junk in the cars. All those dirty tissues, gum wrapper, non sense flyers and dust are the most common of things that do

not deserve to be in the car. The car mats get allergens and dust mites overtime leading to breathing and allergy issues.

The other benefit of cleaning the car from outside is that cleaning car consumes lots of calories which are good for body. It involves use of various muscle groups and helps stretch them for the good. Not to say it keeps your car shining in the lot and you can save a few bucks which you would have spent in automated car wash.

## 16. TAKE A WALK



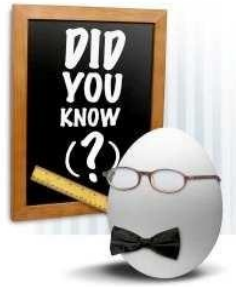
*Fact: Brisk walking ( $\geq 3.5$  mph) has been shown to reduce body fat, lower blood pressure, increase high-density lipoprotein (good cholesterol), and even reduces risks of bone fracture*

Put on your sneakers and go out of the house for a nice 15-30 minutes walk yourself or with you loved one or a friend. Breathing all that fresh air leaves you with vitality and lots of energy. Walking increases use of leg muscles which contain 70% of



blood in our body. Putting that 70% blood into good circulation detoxifies your body and mind. It also gives you an opportunity to enjoy nature, meet your neighbors who some people don't even know because they do not go out to walk. It in turn improves your social capabilities and improves confidence.

## 17. GIVE A SURPRISE



*Fact: One of the most important brain regions involved in discovering, processing and storing new sensory impressions is the hippocampus,*

*located in the temporal lobe of the cerebral cortex. Surprise stimuli tend to activate the hippocampus more than familiar stimuli do, which is why the hippocampus serves as the brain's "novelty detector." It in turn improves memory and sense of well being.*

Whether it's a card, flowers, dinner or just a movie night,

surprise your

loved one.

Surprise

creates a

channel of



reactions in our minds which lead to secretion of endorphins and lowers down stress hormone. Giving and receiving a surprise are equally good. You are happy to see the smile on your loved one's face and even happier to know that you are the reason behind it. It adds spice to Love Life.

## 18. MANAGE YOUR OWN STUFF



*Fact: While cleaning and re-organizing, we use both Left and Right sides of brain. It also improves neuromuscular co-ordination and burns almost 170 calories per hour.*



You may be the lazy one and getting stuff done by your mother or spouse.

For a change try to do your own stuff. From laundry to dishes or cleaning your room. Just do it without being a burden on others.

On the flip side, you may be the one doing most of the stuff for others around the house. Its time

for a break now. You need to

involve other people to get to go

their own chores. Tell them that

you need help and they will do it.

This will solve two problems. First,

you will get a break for resting.

Secondly, by giving them opportunity to work, you are helping

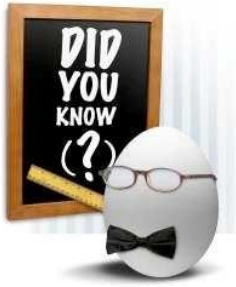
them to be responsible. It is must for parents to involve their

children in daily chores to make them responsible and good human

beings later in Life.



## 19. BUY A PLANT



*Fact: A NASA study found that common house plants could improve air quality. In fact, they reported that houseplants were able to remove up to 87 percent of air toxins in 24 hours. The recommendation? Use 15 to 18 "good-sized" house plants in 6- to 8-inch diameter containers for a 1,800 square-foot house.*

Plants are a great asset to any home or office. They depict Life and Growth. Green color has a very deep meaning to it. It is the color of

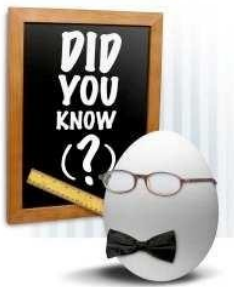




nature. It relates to growth, peace, freshness, fertility and safety. Green color has wonderful healing powers. It is the restful color for the human eye; it can improve vision. Having a plant also increase oxygen content in air giving your more freshness and vitality.

If you already have one or many plants, rearrange them. Change their position. Or add a new plant to your existing collection.

## 20. MEDITATE



***Fact:** A 2005 study on American men and women who meditated a mere 40 minutes a day showed that they had thicker cortical walls than non-meditators. What this meant is that their brains were aging at a slower rate.*

*Cortical thickness is also associated with decision making, attention and memory.*

Meditation is one thing that people are scared of. Meditation is



traditionally thought to as an act of ultimate mind control which is very hard to achieve. It is imagined as a very tough task to perform. I have a good

news for you my friend. You have already meditated by reading

this book. Reading a book is also a type of meditation. Anybody

can do meditation anytime. Meditation is nothing but self

awareness. You may feel your breathing, the air touching your

skin, sensations in your hands and feet or whatever you want to as

long as you are living in the present moment. We tend to think

multiple things at the same time and are unable to achieve

desired results because of lack of focus. So take a few moments

and try to feel yourself.

**SUMMARY OF 20 WAYS TO BE HAPPIER AND HEALTHIER**

**IN 1 WEEK**

1. CHANGE PERCEPTION
2. SMILE
3. CALL AN OLD FRIEND
4. LISTEN TO CALMING MUSIC
5. FORGIVE
6. WAKE UP EARLY IN MORNING
7. DRINK MORE WATER
8. EAT YOGURT
9. STRETCH
10. EAT A HEALTHY BREAKFAST
11. ORGANIZE YOUR CLOSET
12. DONATE
13. WRITE SOMETHING

**14. GET A GOOD NIGHT SLEEP**

**15. CLEAN YOUR CAR**

**16. TAKE A WALK**

**17. GIVE A SURPRISE**

**18. MANAGE YOUR OWN STUFF**

**19. BUY A PLANT**

**20. MEDITATE**

YOU SHOULD THANK YOURSELF FOR TAKING A STEP  
FORWARD IN YOUR LIFE TO ACHIEVE SUCCESS, PEACE,  
HEALTH, PROSPERITY AND GOOD HEALTH IN LIFE. GOOD  
LUCK WITH YOUR JOURNEY.

