

Philipp Winterberg

Happiness in 90 Seconds

Philipp Winterberg

Happiness in 90 Seconds

All trademarks are the property of their respective owners.

Text/Layout: Philipp Winterberg, www.philipp-winterberg.com

Illustrationen: Lena Hesse, www.lenahesse.com

Foto: Franziska von Schmeling

Original title: Glück in 90 Sekunden

Copyright © 2011 Philipp Winterberg

All rights reserved.

www.happiness-in-90-seconds.com

Infos:

<http://www.happiness-in-90-seconds.com>

Only 90 Seconds to Happiness...



Well, headless in search of happiness as well?

What is Happiness Anyway?

Right you are to ask this question! Happiness is only seconds away – but what kind of happiness are we talking about? My happiness? Your happiness? The happiness of three white chickens? And isn't happiness changing from second to second? In the morning, a

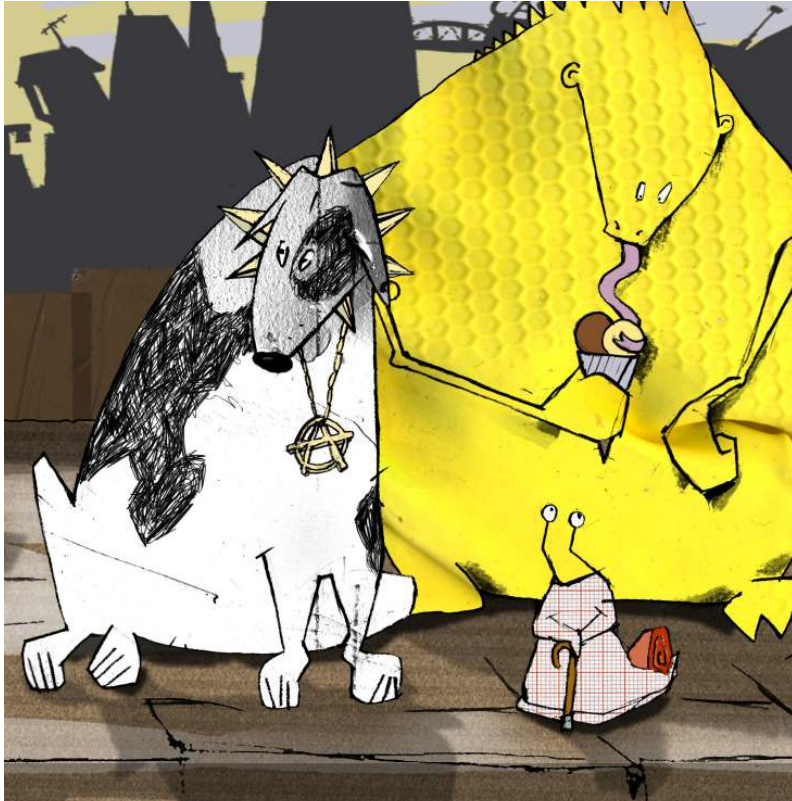
refreshing shower can be happiness. In the afternoon, eating ones favorite ice cream might be pure happiness and in the evening it could be watching a wonderful movie...

True, happiness is changing its outward appearance! And yet, there are some things, that all happy situations have in common:

- ❖ You experience happiness always in the present – here and now
- ❖ If you are happy, you appreciate the present situation
- ❖ In most cases, good decisions lead to happy situations, e.g. "I eat ice cream now!"

In conclusion: Happiness is the result of good decisions.

Only 60 Seconds to Happiness...



Rejection or appreciation? Anarchy or ice cream?

What Makes a Decision a Good One?

Right you are to ask this question! Nothing is in fact easier than simply stating that good decisions lead to happiness. Of course they do! With the benefit of hindsight, one tends to always know

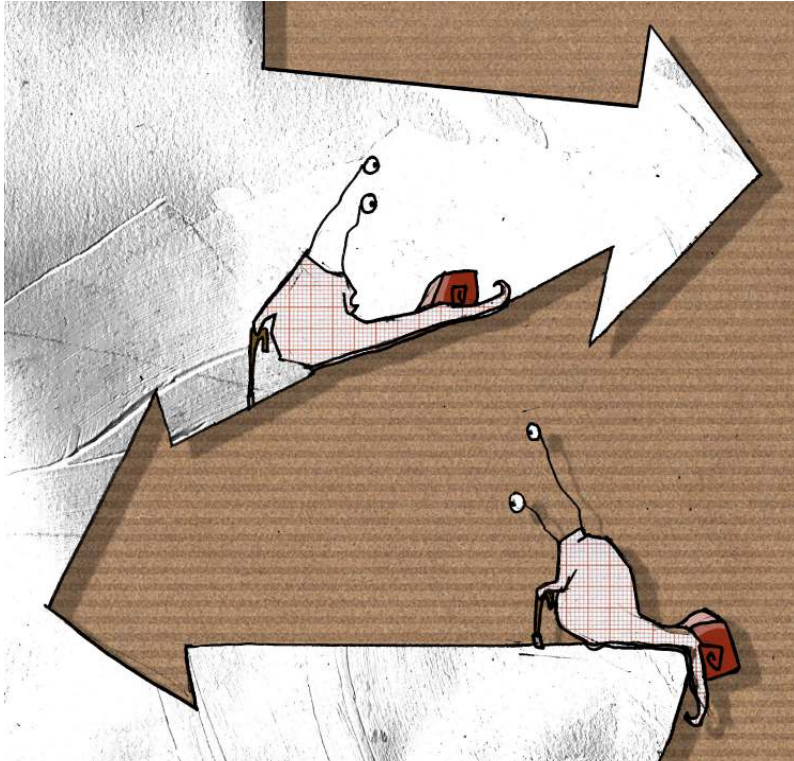
better. But how can one know beforehand, which decision is a good one?

True, afterwards, you always know better! And yet, you already know some important details, before you decide:

- ❖ Do you choose something that you **appreciate** or do you decide based on rejecting something else?
Example: If I eat ice cream, I don't do it, because I hate being hungry, but because I love eating ice cream.
- ❖ Do you choose the one thing that **excites you the most right now**?
Example: I like cake, cookies and ice cream. Right now, I like ice cream the most!

In conclusion: A decision is good if it contains the highest amount of appreciation and excitement.

Only 30 Seconds to Happiness...



That there? Or there that?

When Will I Decide?

Right you are to ask this question! Denn was nützt es schon, zu wissen, was eine gute Entscheidung ist. Of course it leads to happiness, to choose something that excites! Where is the wisdom in that? What's the big secret? Even the slowest snail could

somehow live a happy life, if it would choose constantly what excites her the most!

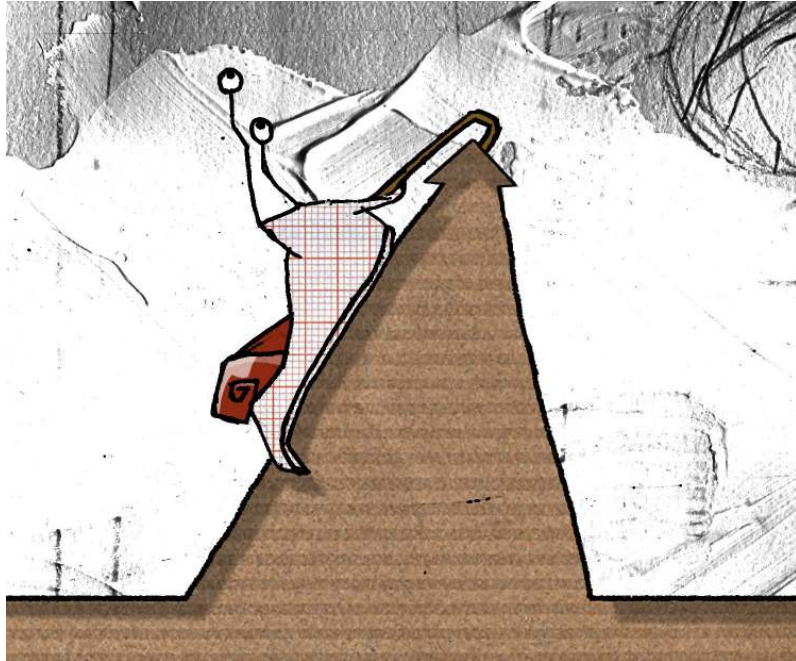
Exactly, the most important decision is the decision to start using this strategy! A good time to do it:

❖ Now!

In conclusion: Decide now! Instantly! Choose what excites you the most. And now as well. And now again. And now more than ever!

Attention! Now for real! Test it: Consider what is possible. What are your options right now? Choose that, which *excites* you the most out of the options that you *appreciate*...

Only 1 Second to Happiness...



I see salad!

Hello Happiness!

Yeah! Hello! Congratulations! In the last few chapters of this book, you remembered how you can consciously and intentionally choose happiness – your personal happiness here and now.

If everything turned out well, then you are reading this chapter exactly and only because you **appreciate** to do so. Maybe you are not even reading these lines anymore, because you are off, doing

something that excited you far more. Maybe you are confessing your love to someone or planning a big journey! Maybe you decided to take a walk or you are already taking a swim in the ocean. Whatever it is – enjoy yourself!

About the Author



Philipp Winterberg studied communication science, law and psychology in Germany. In his thesis „Die Herleitung von Instrumenten der Einstellungsänderung aus einer Theorie der Einstellung“ he modelled the strategy that is explained in this book.

Note

This book is the short version of the book „Glück in 10 Minuten“. A scientific model is available online (Winterberg 2008: 61f.). A non-scientific explanation is the picture story „Fifteen Feet of Time“ (see next page).

Literature

Hesse, L./P. Winterberg (2007): Fifteen Feet of Time. A Picture Story by Lena Hesse and Philipp Winterberg.

http://p78.de/projekte/Fifteen_Feet_of_Time.pdf

Winterberg, P. (2008): Die Herleitung von Instrumenten der Einstellungsänderung aus einer Theorie der Einstellung. Magisterarbeit, Universität Münster.

http://p78.de/download/XAM_Extensible_Attitude_Model.pdf

Winterberg, P. (2009): Glück in 10 Minuten. Norderstedt: BoD.



iPad App
for just 3,99€

eBook
for just 0,00€

Fifteen Feet of Time

A picture story by Lena Hesse and Philipp Winterberg

Paperback for 12,95€/iPad App for 3,99€/eBook for 0,00€

What happens if the world unexpectedly stands still for a moment? This is exactly what happens in one of the biggest and busiest cities of the world, as a small snail crosses the street. A book about things that you always wanted to do but never had the time for.



"Downright fabulous..."
(spiegel.de)



As eBook for ~~EUR 12,95~~ for just EUR 0,00 available at:

<http://www.philipp-winterberg.com>