

# *Introduction*

*All that is needed to make a happy life is within yourself, in your way of thinking.*

*Marcus Aurelius*

## **Our Promise to Readers**

***We Give You Tools to:***

- **Better understand yourself**
- **Take away one way to even better get what you want, easier**
- **Learn what can help you feel fulfilled**
- **Create your own model for developing more happiness**
- **Become a more valuable mentor and coach to budding high achievers who also want happiness**



## **Who This Book Is For**

This book is for high achievers and those on the path to high achieving who are or want to be leading themselves and others.

## **The Achievers' Dilemma**

Our research and observations indicate that less than ten per cent of high achievers feel happy even with all their accomplishments.

## **What's It All About?**

It's about how you can add happiness and fulfillment to your life, thus becoming a Happy High Achiever.

## **Happy High Achievers**

They are those who continue to higher levels of accomplishment while increasingly liking themselves and experiencing happiness.

*Success is getting what you want.  
Happiness is wanting what you get.*

Dave Gardner

## **Where Are You In Your Life?**

Are you on the road to achieving your goals? Have you already achieved them and are wondering what the next achievements are going to be? Before pushing further ahead, we hope you will consider what it might take to both achieve and to be happy with your life.

Our research and experience with clients who are high achievers and leaders has brought to light the significant numbers of Americans who are achieving and getting the things they think will make them happy, only to discover that these things all too often result in emptiness and disappointment. We discovered that only about ten percent report some degree of happiness.

In studying and observing and coaching leaders from myriad walks of life, we have developed a model which has assisted most of our clients to live more meaningfully happy lives.

We have turned our research and experiences with our clients into the development of this easy to read, short book. We know you are busy with many demands for your attention. We believe the format we have used will help you read through quickly while offering stops along the way to actually engage yourself in the questions and exercises. It would be easy to skip over these and just read the book. We hope you will take time to ponder and listen intently to yourself. Perhaps you have a coach, a mentor, accountability

group, or some other supportive person who has your welfare in the forefront to partner with you.

## **Suggestions for Reading This Book**

We have set up most of the pages on the left hand side to be a quick summary or statement about the material on the right hand side, which is more detailed.

The left hand side helps you go back into the book after reading to get helpful reminders. You can just open the book and review one of the left-handed pages. They can serve you as a motivator and reminder of what you have previously read at greater length.