

My Happy Book

Anonymous
α-ω



Edited
by
Hipkiss

in
memory
of

Mawt Trood

1978 - 2016

Hi.

Now, I'm happy. Yahoo!

All because of you. I know in my heart that you are so insightful. You are thinking of you. Of course.

Yes. You want to be happy. Trust me. I didn't know how, especially after my Car Crash. I got pretty messed up and all - very confusing, I mean. I couldn't remember much let alone what would make me happy. Things got very depressing at times, too. Wow. Suicidal. I guess that's putting it mildly, right? I wanted to learn more about happiness. So, I kept on asking people about what made them happy in their lives. I mean, what did they do that tickled their funny bones? I merely was trying to reach out and discover things for myself. How can I become a happier person? And then, this *Happy Book* was born. You all made me very happy, in the end. And, here's what I learnt. Only you know how to live your life with happiness. Seek and you will find happiness, I'm positive. You too can ask others for help if you need. Try it. Ask others about happiness.

By the way, please be happy.

Peace be with you.

Hipkiss, *ABI-1*

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ABI-1's Key

Happiness is being
with you.
I simply love trying to
make you laugh.
Cause you end up making
me laugh with you.
And that's just too funny,
...eh?

What makes me happy in life is the company of good friends coming together and sharing stories.

Meeting new people...

&.&.&

...friends.

Oh, and good food, too.

Chatting up a storm is
where it's really at.

Big Screen movies are
awesome, too.

I'm happy when I'm
consistent.

Maybe that's why I love
working out.

Anyone got a treat?

I love treats.

*What makes me happy
is laughing with other
people.*

Like right now!

Oh, and playing music...

I love music.

Singing!

*What makes me happy is
going for runs. :-)*

And then, reading books.

I love attending...

...group chats.

I really love to travel as well.

That makes me happy.

The feeling of being
loved or loving someone.

LOVE

I also love long drives
down country roads.

I love sharing different
life experiences.

That's all.

I'm very happy 2 be alive.
Now, my goal in life is 2
show people how 2 laugh
& have fun, too.
I know how quickly life can
be over.
Enjoy every minute of
every day to the fullest.
Be happy!

People smiling!
That's the pathway to
happiness.

That's the
programme.
I'm in it!

Look!
That's why I'm happy.
I love you.

When Words Fail,
Music Speaks.

The Beat...

It Makes Me Feel Good.

Let's Dance.

Let's Boogie!

*Happy to wake up healthy
every morning.*

Happy to go to work, too.

*Happy to have great
friends.*

*Happy to have a beautiful
family.*

That's happiness.

I am happy I am not totally
blind.

I am happy that...

They took the tumour out.

I am happy to listen to my radio.

I am happy to wake up in the
morning.

I am happy helping...

people.

I love video games.
Computers & chess,
too.

Smiling people at
worship.

Traveling to places,
too. Happiness.

I'm happy when I'm with my
lover.

I'm happy my children are
healthy.

I'm happy to have a second
chance.

I'm happy to be alive.

I'm Happy! Life!

I'm happy people ask.

*Happiness for me is
Freedom!*

To move where I want.

To speak to all people.

To sing a song.

To make new friends.

Now I'm happy.

That's easy.

I love laughing at
comedies.

I'm happy in my boat...

Old friends...

New friends...

I love travelling.

I enjoy ice cream.

Let's go to the lake.

Let's go swimming.

I'm Happy at Concerts

&

Socialising with Friends!

I just love camping, too.

I'm happy redecorating...

...my home.

Utilising the skills

That I've retained

Since my brain injury.

Being happy!

Retaining new things...

Names of new friends...

New activities...

New contributions...

New performances...

New things...

New places...

Everything new!

My family makes me
happy.

Good food & friends...

The little things in life
make my happy.

Safety,

Comfort, & Love.

Peacefulness...

One thing in the world that
makes me happy is music.
Music brings out emotions.
Whether...

I am listening to it...

Or, playing it...

...|||...

Music is the best!

I am happy after watching a
documentary.

Lot's to talk about.

Watching movies...

...has the same effect.

Seeing animals in the wild.

: -)

I am happy to see...

...a fox or a moose - guess?

Reading a good book, too.

Happiness for me...

...is being alone.

I like figuring things out.

I'm happy to learn more.

Therapy makes me...

...feel happier.

Good health is good, too.

I like being with people.

Thanks for making me happy.

Sports!

Video games!

+ Matches!

+ Meeting people!

+ Holidays...

...make me happy.

Take a break!

Be Happy!

I am now...

Happy?

Singing in the rain...

Money ain't for nothing!

"Skiing & Biking"

People's Smiles...

Everything!

There is something...
about cookies.

A cookie has...
chemistry.

Cookies make me happy!
It has to be...
the chemistry.

Do you want a cookie?

*My kids make me happy.
My grand-kids.
How I feel about myself
today. :-)*

*With some friends...
When people are happy,
that makes me happy.*

Winning @ the Lotto!
That makes me happy!
 Eye candy?
 Be happy!
A bag of cat food...
 for my cats, too.
I love it when they purr.
 Meow!

I enjoy Classic Music...

And, My Radio!

I also enjoy Water Skiing...

Swimming & Jet Skiing, too.

I love the summer.

I enjoy meeting people. :-)

Always nice to see...

a happy smile.

& . & . &

Have a beautiful day!

Success!

Riding my...

Tricycle.

Speeding...

Up to 40 km/hr.

Asking for help!

I'm happy.

We're happy.

Diverse colours...

Unique heights and shades.

Different ways of behaving.

Bringing together people.

Offering earth...

a compliment or two!

Enjoying life... :-)

Peacefulness.

Being alive!

Feeding the birds...

Walking around...

Sitting at a bench...

Watching people...

Talking to people...

Being peaceful!

I'm happy helping others:

Goals, Wants, & Needs.

Fairs & Camping:

all make me happy.

I love junk food & my dogs.

Fresh air...

The country...

Who I am...

My life!!!

Sunshine make me happy.

The number one thing
- without a doubt -
Are the people in my life!
Without them...
I wouldn't be who I am today.
They are my happiness.
They are my life!
No trades...
for anything in the world!

Waking up to a sunrise.

Swimming...

in the morning.

Napping...

in the afternoon.

Potluck...

in the evening.

Some music to relax.

Some loving at sunset.

I love nature.

Happy Bugs!

~ Happiness ~

Doing something nice
for a stranger. :-)

Meditating helps me
find clarity & peace.

Petting a purring cat.

I love animals!

A walk in the woods!

Seeing animals makes me
happy.

Trees and the forest are
what also makes me happy.
I'm happy when I see my
friends & family, too.

Watching movies.

I love vacations.

What makes me
happy are my cats.
Spending days away
at a cottage with
loved ones, good
food, good coffee, &
Great People! ;-)

Flowers make me happy!
Listening & dancing to
music, too.

Seeing others succeed.
Spending time with my
grandparents.

Helping others!

I'm happy when I'm with someone to share my experiences. It helps them, too. I help and I reach out for help.

People help me with a sincere heart.
That really makes me happy.
I love people!

I am happy to have
found a better way
to live my new life:
Being around people!
Basketball
Comedy
...&...
Travel
Let's go to the mall!

I'm happy about my success
with writing when a poem is
complete.

I enjoy crib & gardening, too.
Soft, moderate "Rock" is nice.

Outdoors & Refreshments

Exercising

&

Stepping up to the plate!

I like thinking positively.

*I like to be surrounded by
positive people. ;-)*

*If everyone's happy, then
I'm happy. I love laughing!*

*A good sleep makes me
happy.*

A nice meal!

Old classic shows!

Doing groceries

and then cooking!

Having a good sleep

with a friend!

Rock 'n Roll!

Money and a good joke!

A walk in the rain...

Sex & Sleep!

Cooking with friends, too.

A good book as well.

I love the one...

that loves love.

Men & Women!

*They both make me
happy. :-)*

Bowling & the pool:

Top ups of pleasure.

I love people! Peace.

Now, I'm happy.

I'm happy I got some of my
memory back.

My daily routine helps.

I love shopping malls. Cars.

Woodworking. That's cool!

I was happy to get a good
doctor.

I love my truck!

Meeting common people
in groups & conferences
really makes me happy:

Some Great
People There!

Kind!

I'm happy as hell!

I can't believe it, eh?

Thank you.

A reason to live again...

Living life with Brain Injury or Brain Trauma can be gloomy at the best of times, let alone the worst. However, life must carry onward. Life is short. We all need a little happiness in life. So, please go forth and mingle yourself with everything you can think about that would make you happy, first and foremost. Hang out with people that are happy. Then, get busy by doing the things and meeting the people that make you happy. Just be you. And, remember - smile. Yes. That's the very first step. You see... I caught you smiling already. That's beautiful. Be happy. Peace.



"To Educate Is to Liberate"

Hipkissology

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