

# UNSTOPPABLE JOY



# UNSTOPPABLE JOY

A HAPPIER YOU IN 12 EASY STEPS

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*The Joy Professor*

with

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The examples used are not intended to represent or guarantee that anyone will achieve the same or similar results. Each individual's success depends on his or her background, dedication, desire and motivation.

Library of Congress Control Number: 2008932266

ISBN 10: 0-9817028-0-5

ISBN 13: 978-0-9817028-0-3

Published by Oregon Dreams Publishing LLC, Eugene Oregon

Design and layout by [selfpublishing.com](http://selfpublishing.com)

Printed in the United States of America

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# PREFACE

*“Happiness depends upon ourselves.”*

*--Aristotle*

**W**ANT to know exactly what lead you to this page?  
The reason you are here is because you had a desire in your mind for joy and peace in your life.

Your thirst for joy created a need. That need is what inspired me to write this book.

This book is specifically written for those looking for the quickest results with the least amount of philosophy and fluff.

The Universe lovingly guided me through a logical process that took me from stressed out misery to delightful joy. It hopefully blessed me with enough writing talent so, like Lewis and Clark, I could chart the path and pass it on to you.

To start with, I can describe the first part of my life as 45 miserable years. Then I discovered a technique that enabled me to create a new life. Since then I have experienced over 10 years of joy and ecstasy.

Not to brag, but I have more laughter, more fun and joyous feelings in the average day than many people have in a year. My mental and physical health is in a constant state of improvement because of this outlook. For example, since I shifted my perspective, I've lost over 80 pounds. But enough about me...

The process starts with uncovering the blockages that keep you from experiencing joy. The changes triggered by releasing those blockages are mind-boggling.

Folks who have learned this technique have seen radical improvements in health, both mental and physical. Some have experienced dramatic desired weight loss. I have listened to students who were at the end of their financial ropes gleefully explaining how they turned their fortunes around. I have rejoiced with those who related how they were so lonely and now have a companion. I have watched parents reopen lost communication with their children.

What triggered these dramatic changes? It was simply that these folks used the technique to rediscover the joy locked under self-destructive thinking patterns. They loosened up and let joy come to the surface. Once they started living in a state of joy their lives turned around and more and more bliss kept coming in.

How about you? Do you exist in joy? Do you look forward to every day as a joyous adventure? Do your family and your friends delight in your presence?

It's really not all that hard to have all of the above. The technique is not rocket science, that's for sure.

But a few words of warning:

First warning: some of this book is almost guaranteed to offend your sensibilities. I don't do fluff and I don't tiptoe around truths that may disturb you. There are lots of other books out there that will spend tens, if not hundreds, of pages gently and non-offensively revealing to you the intricacies and subtleties behind even one of these 12 steps.

I am very blunt, irreverent and to the point. When something works – I tell you. I do my best to explain why in simple English. You can spend 50 years researching, debating and meditating on it or you can save a lot of time and simply try it.

If the shoe fits... wear it!

Want to try a one of the simpler steps right this minute and prove it to yourself?

Great, go to page 92 and read: *STEP 7: HOW TO GROW APPRECIATION AND JOY FEEDBACK LOOPS*

Give it a try and keep in mind it is just a tiny part of this book. If one technique doesn't work or is too uncomfortable – try another step. They all lead in the same direction.

Second warning: it's not usually an instantaneous change. It may take some time to retrain your brain. After all, you didn't instantly program your mind to see things the way you're seeing them now. It took decades to train your mind to hide the joy living within you.

The good news is, when you use the techniques in *Unstoppable Joy*, it won't take you nearly as long to retrain your mind for a life of happiness. Some folks can do it as little as a month.

The rate of progress is directly related to the amount of desire you have for joy.

The reason this transformation can happen so fast is that once you have tasted the delicious nectar of joyous living there is no turning back.

So, are you ready to free your "Unstoppable Joy" from the cramped quarters of self-doubt and judgment inside you?

When it finally runs free you will wonder why you ever kept it in a cage.

What will you need to accomplish this?

Well, you will not need any religion. The system I teach should harmonize perfectly with most religious teachings, although my personal opinions may not.

You will not need to meditate for hours or lie in a bed of nails. You probably won't need to go through hours of expensive therapy to apply this method. Nor will you need to fast or to endlessly repeat positive mantras to yourself.

All you're really going to need is a willingness to look at the way you have programmed your mind to "see" the world. Then you will have to decide for yourself if the way you're presently looking at the world is serving your best interest.

If your old habits are no longer serving your best interest then I will give you precise instructions on how to change your life to a life of *Unstoppable Joy*.

## CHAPTER 1

# WHY YOU DESERVE A LIFE OF JOY AND HAPPINESS

*"If I can't be sorry then, I might as well be glad."*

*--Edna St. Vincent Millay*

**M**ANY feel that they don't even deserve a life of happiness, much less *Unstoppable Joy*.  
What nonsense.

No one deserves it more than you.

Why do you deserve it?

Because of who you are.

To start, you're the most uniquely interesting person who ever existed in the history of humankind.

You are the best "you" that ever lived. No one else is like you. You are 100% unique to this universe.

And there will never, ever, be another you.

You are an integral part of the most sophisticated and powerful system ever imagined or created. That system is the universe we live in.

The universe doesn't create spare parts. It may create parts that look slightly alike, but even an identical twin is a unique force in this universe. So you are absolutely necessary and 100% unmatched by any human being.

You are not only necessary, but you are contributing in some way to the continued existence and evolution of the universe. Just as every cell in our body is necessary for our existence, every life form in the universe has a part to play in its existence.

Everything you do in this lifetime effects people not only right around you, but people you aren't even remotely aware of. The way you live and the actions you do affect not only the present but the future as well.

So, in truth, you are a very important human being.

And, given that you are an important and powerful part of this universe, everyone's world would be better if you were in joy virtually all the time.

That's right. Joy. Not uncertainty. Not fear. Not worry. Not sadness. Joy.

You should be waking up with a smile on your face and a song in your heart. If you went about joyfully fulfilling your destiny and contributing your unique talents and perspectives back to the universe, you would be serving others in a way that would be contagious to those around you. I'm talking about creating so much joy that even the hardest of life challenges would be easy to overcome.

You were born to be in joy. When you were an infant you actually were in joy almost all of the time.

You came here completely innocent and joyous with a unique destiny for you alone to fulfill. You were absolutely delighted to have a chance to participate and play on this planet and share your joy and laughter with your fellow human beings.

But for most of us, something happened along the way to adulthood that took a lot of joyousness away.

Here's proof.

According to a recent study by Drs. Gael Crystal & Patrick Flanagan, adults laugh roughly 15 times per day, while children laugh upwards of 400 times a day!

I would say laughter is a pretty good indicator of joy. If children laugh

over 400 times a day and adults laugh 15, I think we lost something very important along the way.

Joy. And with it, better health.

Laughter offers many important health benefits. "People become healthier from laughter," explains Judy Goldblum-Carlton, a humor therapist for Children's Division of Pediatric Hematology/Oncology at the University of Maryland Hospital. "It improves circulation. When you laugh heartily, every organ is being massaged including your heart, lungs and digestive system. Headaches can just go away. When you laugh the endorphins released make you feel this elation. It makes those big decisions seem so much less important."

How good is joy and laughter for us?

Another study of folks watching funny movies versus horror movies showed that with laughter, blood flow increased 22%, while under stress it decreased 35%

And, according to a study by John Assaraf, people who are happy earn \$750,000+ more in their lifetime than unhappy people.

If there is no question that it is good for our mental, physical and financial health for us to laugh often, why don't we do it nearly as much as when we are young?

The reason is that something huge got lost along the path to adulthood. For most of us that something is the wondrous state that comes so naturally to children.

You probably would agree that if you still laughed 400 times a day and looked at life as a thing of wonder, every day would seem much different.

Not only is it possible to live in such bliss, it is our natural state. Somehow things got twisted around so we started believing joyousness was supposed to be an occasional pleasure, rather than a way of life.

Yet it is our right to exist in joy every day of our life. It is in our best interest to exist in joy. It is in the best interest of all those around us when

we relate to them in a state of joy. Not to mention that it is more fun to be in a state of joy.

For hundreds of years medical science has known happier people are healthier people. Personnel professionals will tell you those who keep a positive attitude have better work performance. Having a sunny disposition is even good for your personal relationships.

We all instinctively know that it feels better to be in joy than it does to be in anger or fear. I have never met a person who does not feel better when they are in a state of joy.

As my friends, acquaintances and business partners will tell you: yours truly is in a state of joy virtually all the time. I am known as “Joyful Ed” near and far.

Is the world I live in any different than yours? Logic tells you that it can't be. I have to be in the same reality as you. There is no other choice, correct?

Perhaps. But consider this: I suspect that the world you see looks a lot different from mine.

Why? Because every single day I see this world as a delightful place. I make friends easily and live a relatively care free life. People treat me fantastically.

I see beauty all around me and because of that I am constantly enjoying exactly where I am. Oh, yes, and I laugh several hundred times a day.

Am I in some sort of delusion?

I think that's a perfectly legitimate question for you to be asking.

Is it delusional to see this life we live as a precious gift and this place we live as a wonderful and embracing planet?

That's a decision you're going to have to make on your own....

But before you do, finish reading this book.

You may be surprised by what you have been accepting as a “normal”

view of life. You may be shocked at how much of that viewpoint has been manipulated by those who did not have your best interests in mind.

Personally, I think it's delusional to see life the way 99% of people on this planet do: As a place full of struggle, fear, worry, and stress.

I will offer you plenty of evidence for you to consider about the way you have trained yourself to filter your perception of the world. Hopefully the majority of what I offer you to consider will be things you may have never pondered before.

All of my life I have been a skeptic myself, so it is easy for me to imagine how skeptical you are right now.

My purpose in writing this book is not to ask you to have faith that what I am saying is true or even that it will work for you.

All I am asking is that you give serious consideration to the concepts I am going to present to you. If you feel they are valid then give the suggestions a try. If they work for you, you'll know it in a very short period of time.

If they work at all for you, I bet there is no way you would ever consider turning back.

Enter into this with as much skepticism as you like.

But at the same time be sure to retain a grain of skepticism about the logic behind the thinking processes you have accumulated up to this point in your life.

I have chosen Joy as more than an attitude. For me it is a lifestyle I will share with the entire world.

How about you?

Are you ready to free your *Unstoppable Joy*?