

Celebrated life coach and author Eric North aka ‘The Happiness Warrior’ shares tips on eternal happiness



New York City, New York Sep 28, 2023 ([Issuewire.com](https://www.issuewire.com)) - The accomplished life coach and esteemed author Eric North is known for his guidance and advice for leading a peaceful, composed, and happy life. He has found his passion in guiding young souls and minds towards achieving the ultimate happiness in life which is why he is also known as 'The Happiness Warrior'. He has recently shared his wisdom and some recommendations that can give the right direction towards eternal happiness.

According to the life coach, humans are highly emotional and connected beings who try to hide feelings and emotions but they always catch up at the end. So it is common for people to struggle with unnecessary self-created harm. Sometimes it is also possible to feel like no matter what is done, life is always filled with challenges that seem insurmountable, forbidding, and monotonous. However, no matter how hard the time is, it is a human right to be happy.

North believes that every human has a right to happiness and no matter our circumstances, skillset, or ability there are things that people can do every day to keep themselves more emotionally balanced and optimistic about life. Just like everyone else, North has also struggled and has had his share of unhappy times in his life's journey. He has also seen the darker side of life and lived through times when he faced his mortality directly. With many risks and trials that shaped his life, it was only through the lessons from his pain and turmoil he could reinvent himself with a new mindset. People can only move forward when they have a conscious mission to reinvent their lives.

North stated that when he began his transformation many years ago, he learned a lot about himself and practiced self-awareness. For too many of his younger years, he was disappointed and ashamed of how he portrayed himself for the sake of others. He had also kept his secrets close and rarely revealed his authentic being which caused him to take more risks. In return, he had several death-defying, and ill-advised adventures. There was a point when his fast-paced lifestyle broke his spirit, I grew still and retreated. 'The Happiness Warrior' explains how he then set out on his own and left his past behind. As he advises people to accept their faults, he too forgave himself which made him feel a sense of knowing and purpose.

According to North, when people start to focus on happiness and what they can change in their lives, they begin to understand the inherent powers and process their emotions with a healthier dialogue. It is both life-affirming and builds self-confidence in people. So the first step towards eternal happiness is all about starting each day with a life-giving self-affirmation. 'The Happiness Warrior' says the affirmation must be vocalized to give it power and significance. He starts his day by saying "Good morning Eric, it's going to be a great day", he advises the same for everyone else. According to the life coach, the more vulnerable and honest people are, the more impact this will have on the outcomes.

The next step as the renowned author suggests should be about forgiveness that frees people's minds from regret. Eric says this is a huge and the most important step in helping people become happier. Then North tells them to make a list of things that people love about themselves. It is important to know that every human has value without the need for external validation. At the same time, he tells his followers to make a list of lifetime achievements starting at an early age. It is truly amazing how long this list will grow in time. The next step is all about accepting the physical self and learning to love each imperfection. According to North, beauty comes from within and radiates outward, so it is in people's flaws that they will find their ability to love and appreciate themselves better.

Eric advises to always make a list of tasks that feel hard and imposing so that it becomes easier to tackle one every day and soon they will be gone, and all future tasks will be easier to tackle. It is also important to be present and accept the current situation. People who are seeking happiness need to learn to flow and trust in the energy of the universe for guidance and messages that will lead to solutions. According to North, people also need to commit to winning and make goals happen as achievements keep people engaged and moving forward in life.

'The Happiness Warrior' says a happier life is found when we feel joy and gratitude for even the smallest things, so people should treat themselves to every small achievement. It is also equally important to exercise at whatever your body is physically capable of doing. Lastly, to be happy, people need to surround themselves with quality company. So people should focus on seeking those who lift others through supportive words and actions. Learn more about happiness and how to beat life's struggles at: <http://www.thehappinesswarrior1.com/>.

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