

Learn How to be More Likeable Among People with “The Happiness Warrior”



New York City, New York Jun 28, 2024 ([IssueWire.com](https://www.IssueWire.com)) - Life Coach, Author, and versatile personality, Eric North is well revered for his works that helped others uplift themselves. Also known as “The Happiness Warrior”, Eric has witnessed and explored different dynamic aspects of human life and he knows how one person makes themselves more likable to others. A lot of people find themselves isolated and struggling with the idea that nobody likes them but it is possible to get over the mindset that drags down a person’s ego and self-respect. With a greater sense of esteem and effective mental exercises; Eric shares his views on the matter while offering a fair idea of human consciousness.

Eric believes that every individual is a complicated human filled with a multitude of hurts, memories, and emotions. To him, it is absolutely natural to be emotionally fragile at times and feel disconnected from everyone else. The feelings of low self-esteem and unease can make humans lose their bond with the natural happy state. It’s unfair and might feel insurmountable which further leads to becoming overlooked and forgotten. “The Happiness Warrior” has witnessed a lot of people with little passion and low levels of self-esteem yet going on with their daily work to survive. And now, he is on a mission to educate people with the vision of achieving eternal happiness in life that comes from within.

Those who are willing to get over their constant state of low self-esteem and lack of self-confidence must start by looking at their actions and behaviours. Eric says that it is important for adults to relearn the basic principles of happiness and gratitude to have value and seek more purpose and fulfilment. Knowing that the happier and more likeable path forward means changing old ways and habits. Each small step towards creating more internal happiness creates a more likeable whole being. One must feel the vibration and connection with the universe that expands outward. A radius of good feelings and happiness in the presence also attracts others who are willing to be part of, the change.

The Happiness Warrior further explains that his own life would have been very different if he had taken a more conventional path and adhered to the expectations of others. It is perhaps the easiest path that makes people think they will be safe and unseen. A life lived for the sake of others that creates complacency and conformity. This mindset and attitude creates fewer choices and opportunities which is the current state of most humans, going through a time of great change and struggle. Eric also believes that the route to all happiness is when people are more likeable and open-minded to others. There is a special sense of joy when people witness a person at their authentic self, a likeable human from inside and out.

To be more likeable, one must learn to be honest about the flaws and understand our triggers and undeniability within. It is a kind attitude toward own self of permitting to be happy without creating barriers. Humans need to learn to heal, reunite, and rediscover similarities with others to unite with everyone. A likeable personality is more likely to share their thoughts and opinions in a way that provokes commonality and unification. Happy people radiate in the glow of authenticity and self-esteem, and they are also likeable role models for others who might be struggling. One cannot find purpose and fulfilment without being connected to others, whether it is friends or co-workers.

Being The Happiness Warrior, Eric North has come up with the practices that help to become more of a likeable personality. While some people might be naturally socially skilled, most individuals go through a degree of awkwardness and uncomfortable feelings. With no regrets and self-forgiveness, one can move forward in life. When it comes to habits, one must go beyond the fear of becoming vulnerable or accountable in communication. Always being supportive of others with goodwill creates more opportunities for oneself. Following up is a lost art that everyone should practice to stay connected. Body language also plays a vital role as slouching and lying around are signs of a lack of self-esteem and low confidence. Minimizing complaints and taking more action is the most admirable virtue one can acquire. Being respectful to others is what brings respect for own self as well.

At the end of the day, it is highly important to prioritize feelings of happiness and self-worth to live life with confidence doing good. It takes much time and effort to find happiness within and it can be achieved with a positive mindset and the right practices. Learn more about finding true happiness with author Eric North, The Happiness Warrior at <http://www.thwarrior.com/>.

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