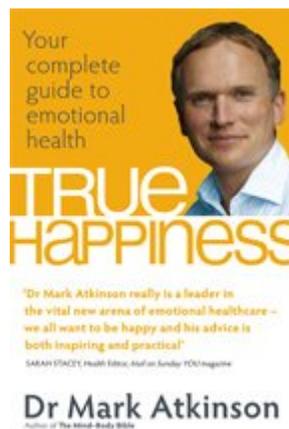


True Happiness

Your complete guide to emotional health

Dr Mark Atkinson

To purchase True Happiness click below or visit www.discovertruehappiness.com



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About the author

Dr Mark Atkinson MBBS BSc (HONS) FRSPH FBSIM is one of the world's leading authorities on mind–body medicine. As a holistic medical doctor he practises an integrative approach to health, addressing the physical, emotional, psychological, spiritual and environmental issues affecting his patients, in order to help them create the healthiest, happiest and most fulfilling life possible. His approach has been endorsed by leading doctors, including as Dr Andrew Weil, Dr Christiane Northrup, Professor Karol Sikora, Dr Bernie Siegel and Dr Larry Dossey. It has also featured in the national press, including *The Daily Telegraph*, *The Mail on Sunday* and *The Sunday Times*, and on Europe's most popular breakfast TV show – *GMTV*. Dr Atkinson is also an award-winning writer, having won UK Health Journalist of the Year in 2005, and is the author of *The Mind–Body Bible* and *Holistic Health Secrets for Women*.

Dr Atkinson qualified as a medical doctor in 1997. On graduation, he received a MBBS (Bachelor of Medicine and Surgery) and a BSc HONS (Bachelor of Science in Clinical Pharmacology and Toxicology) from Imperial College School of Medicine in London (formerly St Mary's Hospital Medical School). As he worked with patients, Dr Atkinson became fascinated by the relationship between their thoughts and emotions and how this could restrict their capacity to enjoy a healthy, happy and fulfilling life. This inspired him to build on his conventional medical training by exploring methods and approaches that help individuals achieve their fullest potential. He subsequently received training in a variety of approaches, including meditation, hypnotherapy, breathwork, voice dialogue, Acceptance and Commitment Therapy (ACT) and functional diagnostic medicine.

In 2008, Dr Atkinson established The Academy of Human Potential, a personal development training company that is dedicated to guiding and inspiring as many people as possible to create a life equal to their potential. Through the Academy, he offers professional training programmes in Human Potential Coaching, Integral Well-Being Therapy, and Mind–Body Medicine, as well as a variety of personal development workshops and intensives.

Dr Atkinson is a Fellow of the Royal Society for Public Health, a Fellow of The British Society of Integrated Medicine, a member of The Scientific and Medical Network and consultant to one of the UK’s leading suppliers of nutritional supplements – Higher Nature. Today, Dr Atkinson offers his services through his consulting room in London and via The Academy of Human Potential www.humanpotential.uk.com. His own personal website is www.drmarkatkinson.com.

For more information on his Course in True Happiness, video contest and study group, plus much more visit www.discovertruehappiness.com

Introduction

Are you fed up with the way you feel? Do you suffer from negative thoughts or overthinking? Is guilt, anxiety, depression, anger, resentment or emotional pain preventing you from living the life you want to? Do you want to discover how to change that and experience lasting happiness?

If you answered ‘Yes’ to any of the above questions, you are in the right place. In the last ten years I have used my revolutionary approach to help hundreds of people transform their physical and emotional health and find what I call true happiness.

What is *true* happiness? Before I get to that let me first explain why, as a medical doctor, I am interested in happiness. The simple answer is this – happiness is one of the master keys to creating a healthy body and mind. And there is plenty of research to substantiate that. What’s more, many of my patients have found that as they start to experience happiness they feel more peaceful, joyful, creative and loving. Their relationships start to improve, they become more successful in what they do for a living and – maybe above all else – they start to feel a deeper sense of acceptance and connection to themselves and others. It turns out that if you want to awaken to your highest potential for health, love and success, happiness is the key.

So how can I help you?

My passion is for helping individuals overcome any health challenges they may have and to help them live the healthiest, most fulfilling life possible. If you are like most people, you've probably already tried various things – from meditation and self-help books to supplements, complementary therapies and medication – in an attempt to be happier and create a better life for yourself. You may well feel better as a result of these; however, because you are reading this book, I assume you are still looking for ways to feel happier and more fulfilled. So what can I offer that will work for you? What is unique about my approach?

- It works – it is based on my experience of helping hundreds of my patients discover a new level of health and happiness.
- Because I am a holistic medical doctor specialising in mind–body medicine I take a big-picture (or holistic) overview of happiness and emotional health – one that covers body, mind, emotions, relationships and spirit (all of which need to be addressed in order to experience true happiness).
- It offers some of the most innovative self-help tools and techniques for personal growth and emotional healing. These are the tools and techniques that have worked for my patients.
- It's practical – questionnaires and easy-to-follow advice will help you overcome the most common physical barriers to emotional health and happiness. These include allergies/food intolerances, blood-sugar imbalances, nutrient deficiencies, hormone problems, dysbiosis (gut imbalance) and neurotransmitter imbalances. Despite being a

factor in about 80 per cent of cases, most books on happiness and emotional health (particularly those written by psychologists and psychotherapists) fail to address these.

So why *true* happiness?

The desire for happiness is at the root of everything we do. Yet many of us look for happiness in the wrong place. We assume that success, status, money, achievements, people, places, possessions or power will bring us happiness. Of course they can and do influence for better or worse the way we feel, but this kind of ‘normal’ happiness comes and goes depending on what is happening in our lives and does not deliver lasting happiness and well-being. *True* happiness, in contrast, is less about what happens to us and more about a way of being in the world; more about the quality of the choices we make each day and about being at peace with ourselves and with reality. When you experience true happiness you have a deep sense of inner well-being, peace and vitality that doesn’t dissipate in the face of life’s inevitable challenges. When you experience true happiness you are no longer surviving life, but loving and living life fully. And I believe that this is the type of happiness we are all really trying to discover.

At this point you may be thinking ‘I can’t even achieve normal happiness!’ ‘That sounds too difficult for me’ or even ‘I don’t understand!’, but bear with me. Personally, I know that a few years ago I would have probably thought the idea of true happiness was possible for some people, but certainly not for me. It turns out I was wrong.

My search for happiness

For the last fifteen years, I have been exploring ways to find deeper fulfilment and happiness not only for my patients, but also for myself. This guide to happiness is the fruit of my search.

As a medical doctor I became aware, albeit after five years in practice, that a significant part of my drive to help others was rooted in my own need for healing. On the outside, I projected success and self-confidence; on the inside, however, I was fearful, insecure and unhappy. As the years went by, I became increasingly uncomfortable with the gap between what I was telling others to do and what I was failing to do for myself. My patients were getting better; I was getting worse. This led to a crisis of identity and integrity, in that I knew I could no longer go on living my life in the way that I was. I believe that many of us reach such moments.

The decision I made back then was to get honest and to do everything within my power to start creating a healthy, happy and fulfilling life for myself. The road since then has been long and challenging, but truly transformative. I am now blessed with an incredibly satisfying and rewarding life and I now walk my talk. What's more, my journey has revolutionised the way in which I work with my patients: rather than limiting myself to a conventional medical approach, I embrace the best of what works, be it from a nutritional, psychological or self-help angle. I also now understand that the art of medicine is not just about helping people recover from the symptoms of disease, but as importantly, to discover how to live a healthy and fulfilling life, and to do so in a way that restores a sense of wholeness, balance and inner joy.

Happiness can be yours too

This book is about making true happiness a reality in your own life. It doesn't matter if you are currently happy or depressed, experiencing a health problem or already enjoying a high level of health and vitality, true happiness is available to you, regardless of how you are right now, if you are willing to follow the advice in this book.

I wish you every success – a healthier, happier and more fulfilling life awaits you.

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