

# FINDING YOUR HAPPINESS



ANTONY SIMPSON

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Version 3



### About The Author



My name is Antony Simpson and I'm an Author, Blogger and Nurse.

I'm the author of nine books now, including this one. I want to share with you my story, so you can understand why I've written this book.

Nearly 2 years ago now, after two years of being physically and mentally ill, I was diagnosed with Vasculitis.

Vasculitis is an autoimmune disease, where your immune system wrongly mistakes small blood vessels for foreign cells and attacks them. The vasculitis diagnosis came with a reduced average life expectancy.

The average life expectancy for someone with Vasculitis is 20 years from the point of diagnosis. This meant I had just 20 years of life left. I was 38 years old at the time of diagnosis.

This shortened life expectancy caused me to ask myself: **Are you happy?** The answer was no.

I have Type 1 Diabetes and was slightly overweight. My blood sugars were always too high. I had high blood pressure and high cholesterol. I was on two different antidepressants and an antipsychotic medication. I didn't have time, energy or motivation to exercise. I didn't eat well or sleep well.

I was working in the National Health Service (NHS) as an Alcohol Specialist Nurse. I enjoyed my face to face work supporting people with addiction issues. But the ever increasing workload and other stressors made me unhappy at work.

My relationships with family or friends were good. Or at least, at the time, I thought so. I spent a lot of my time with family or friends trying to meet their expectations of me - to be entertaining and funny, to be there to support them in difficult times, to take care of them. This is what I thought a good relative or friend did.

I didn't have a partner. I didn't go out on dates. In truth, I'd given up on romantic love. I'd decided that I just wasn't lucky in that department.

Despite being a Specialist Nurse on a decent salary, money was always tight.

When I really thought about it: **I was very unhappy.**

I felt like I was existing, rather than living. If you feel like this right now, then this book is for you.

I decided to use my own counselling skills developed in the 18+ years working with people with addiction issues to counsel myself. I decided to look at my entire life, every aspect of it, and ask myself: **What would make you happier?** Then I would make the necessary changes. It was a daunting task.

Sometimes, it is easier to be stuck in an unhappy and unfulfilling rut, rather than be brave and face the truth. Especially when facing and accepting where I was in my life. This involved acknowledging the unhappiness and beginning to make changes.

Change is always uncomfortable and sometimes even difficult. Our brains like patterns of behaviour, they are key to our survival as a species. But patterns of behaviour are not key to a healthier and happier life.

So I got counselling. In my eyes, the Counsellor had two roles. The first was to ensure I kept being honest with myself. The second was to ensure that I made the changes that needed to be made.

I explored every aspect of my life. I started making changes. After nearly two years of hard work, I can finally say that: **I am the happiest I have ever been.**

I am happy to report that:

- ★ My diabetes has never been so well managed, thanks massively to an insulin pump.
- ★ I have improved my diet (it's not perfect).
- ★ My sleep has greatly improved.
- ★ I have come off all medications for my mental health - both the antidepressants and antipsychotic.
- ★ I have changed jobs to one that allows me more time with people with addictions/compulsive behaviours. One that allows the freedom and autonomy to deliver the therapy that I know works. One without the stressors that the previous job had.
- ★ I have improved relationships with family and friends by discussing expectations and setting boundaries. Boundaries both for me internally and boundaries for my loved ones.
- ★ I have got back on the dating scene. This is a work in progress.
- ★ I have much more of an idea of what I want in a romantic partner and equally important, what I don't want.
- ★ I have a more balanced approach to pursuing my passions. No longer is it work on passions to excess, to the neglect of other areas of my life.
- ★ I have tried to reduce my financial outgoings where possible (this has been extremely challenging with the cost of living crisis occurring - but I have tried none the less) and tried harder to stick to a budget.
- ★ I have stopped buying unhealthy food or things to make me feel better when I am feeling stressed, anxious or otherwise unhappy.
- ★ My stress levels, anxiety levels and experience of uncomfortable emotions have all significantly reduced.
- ★ I have gotten rid of a lot of excess clutter at home.
- ★ I regularly check in with what I am thinking and how I'm feeling.
- ★ I regularly have conversations about what I am thinking and feeling with trusted others.

- ★ I take better care of my physical, mental and emotional health.
- ★ I pay attention to my spiritual needs.

Transformation complete? No. **True happiness is a constantly evolving and ever changing process.** One that requires daily checking in with yourself, navigating through the challenges of life and continuous work to ensure you stay as healthy and happy as possible.

In this book, I will share with you the physical, psychological, emotional knowledge, tools and skills I've used to change my life.

If you want to find your happiness and maintain it, this book can show you the way. It won't be easy. But then, meaningful change never is.

But think about a moment in your past when you were truly happy. That feeling is worth it. Just imagine living every day with that same feeling of happiness. The time to start your happiness journey is now.

Welcome aboard.

Before we get into everything about happiness, a small request from me:

*Please consider leaving a review of this book on Amazon or Goodreads. Reviews are a great and free way to support the author.*

Antony  
December 2025



## **DEDICATION**

*For Josephine Firth.*

*Auntie Josephine,*

*Your warmth, kindness, love and support will live  
forever in my memories.*

*See you on the other side.*



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**The purpose of  
our lives is to  
be happy.**

**– Dalai Lama**





# The Secret to Happiness

Happiness is a pleasurable state of wellbeing. Happy people feel positive. They experience joy often. They have an overall great life experience.

Happiness should be a state of being that we all aspire to live in. In this chapter, we explore some key concepts in relation to becoming happy.



## **Ancient Humans & Evolution**

When ancient humans were roaming the savannah, hunting and gathering, two things were essential:

- ★ Survival - They were not at the top of the food chain. They had predators.
- ★ Procreation - Required for continuation of the species.

To ensure survival of the species, the human body evolved prioritising these two things. It did this in a number of ways including the Fight, Flight & Freeze response and hypervigilance for danger (whether perceived or real).

Happiness wasn't and isn't essential for survival. But happiness is key for a high quality life.



## The Secret

The secret to finding happiness and living a happy life is to understand that it is an on-going process. It takes commitment and work. Life changes and so does one's definition of what brings them happiness.

Happiness is like your identity, it is in a state of constant change.

The activities and tools in this book need to be repeated regularly to ensure a lifetime of happiness.



## The Buddhist Path

Buddhism is based on *four noble truths*:

- ★ Life involves suffering.
- ★ Suffering is caused by desire and attachment.
- ★ There is an end to suffering.
- ★ The way to end suffering is through the Eightfold Path.

Buddhism promotes that suffering can be avoided by avoiding desire and attachment. Buddhist monks for example, practice letting go of desires and attachments on a journey for inner peace. Buddhist monks are trying to achieve inner peace, not happiness.

Both desires and attachments are required to be in a state of happiness. Happiness involves fulfilling our desires and nurturing loving attachments to other people.





## Success

Let's take a minute to define success. According to the Cambridge Dictionary: Success is "*the achieving of the results wanted or hoped for*" or "*something that achieves positive results.*"

What's important to remember is that no amount of success (in any area of your life) doesn't necessarily equate to the amount of happiness you experience.

Success doesn't mean you're going to be happy.



## Freedoms

Happiness requires a certain amount of freedom. This isn't just physical freedom, but mental, emotional and spiritual freedoms as well. It is impossible to be happy if you are oppressed, in captivity or confined in some way.

Most human beings have empathy. If your neighbours or members of your community are oppressed, in captivity, tortured or confined in any way, it is likely to impact your ability to be happy.

Your freedom and that of others is therefore essential to your happiness.



## Love & Happiness

Love comes in many forms and can bring you much happiness. Love is an emotion. Some people even describe love as the language of the soul.

You could spend a lifetime learning to understand love. If you did this, you would still only understand **your** experience of love.

When thinking about love it is important to understand two ideas:

1. Self-Love
2. Love Experienced With Others

### Self-Love

I couldn't find a good definition of self-love for this book, so I created my own:

“  
*Self-love could be defined as an appreciation of one's self, kindness for one's self, compassion for one's self, regard for and attention to one's own health and happiness.*  
”

Self-love is something that none of us were ever taught. If you're very lucky, you may have seen self-love in others on some incredibly rare occasions.

Self-love is a way of being. Self-love requires constant effort to achieve. It is impossible to love yourself at all times.

But loving yourself has countless benefits for you, including increasing your happiness.

### Love Experienced With Others

Love can come from so many different people in your life. You can also experience love with animals.

Every experience of love you have will be unique and different. No two experiences of love will be the same. Love, like life, is in a state of constant change.

The emotion and experience of love is difficult to explain. Yet, we all know love when we are experiencing it.



## The Future

Finding your happiness has never been more important. The future will bring with it very dramatic changes and lots of uncertainty. This is due to future events likely to include:

- ★ Changes to employment due to Artificial Intelligence.
- ★ Changes to the environment caused by global warming and depleted natural resources.
- ★ Changes to citizens rights and responsibilities caused by increasing control by the powerful (whether that be the politically, economically or technologically powerful).
- ★ Changes in people's attitudes, values, beliefs or actions.



## Summary

Evolution hasn't prepared human beings to be happy. Happiness is an on-going process, with the activities and tools in this book needing to be regularly repeated. The Buddhist path doesn't lend itself to happiness. Success doesn't equate to happiness. Freedoms are essential for happiness. Love including self-love and experiencing love with others increases happiness. Happiness has never been more important.



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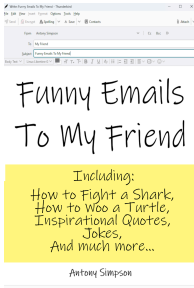
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## Other Non-Fiction Books By The Author



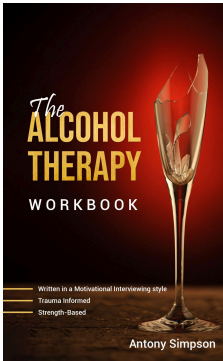
### **Funny Emails To My Friend**

In *Funny Emails To My Friend*, my dear friend Roy decided to follow in his family's footsteps and enlist in the Royal Navy.

I wanted to maintain our friendship, to continue to support Roy, to make him laugh and to entertain him. So I came up with the idea of sending him a weekly email on random topics.

Topics included: Jokes, Puzzles, Inspirational Quotes, Future Technology to Be Excited About, How to Fight A Shark, How to Woo A Turtle, Some of the Most Amazing Jobs in the World, Facts About Castles, Do Aliens Exist?, The Kindest Humans, A List of Cakes, 13

Weird Body Facts, 20 Super Space Facts, Ancient Egyptian Curses, 10 Weird Olympic Games, The Great Emu War of 1932, Quiz: Flags of the World, Legendary Characters from the UK and others.

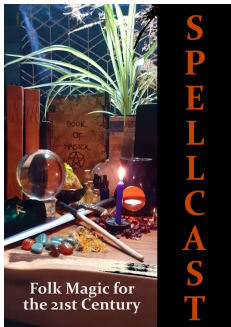


### **The Alcohol Therapy Workbook**

This workbook has been designed for anyone that is struggling with alcohol or has struggled with alcohol in the past.

It is written in a Motivational Interviewing style, one of the key therapies used to support people with alcohol issues. It has been designed using a trauma-informed approach and is strength-based.

What you will find in this book is more than just worksheets about alcohol. You'll find all the tools someone needs to get into recovery from alcohol and stay there. It's a therapy-based book, not an alcohol-based book.



### **SpellCast - Folk Magic for the 21st Century (co-authored with Luna Hare)**

SpellCast is a comprehensive compendium of spells, oils, charms and talismans. It is purely a book about magic, folk magic for the 21st century. The spells are ones that are tried and tested, with some that will stand the test of time.

In SpellCast you will read about the power of Instant Magic, of Banishment & Bindings, Blessings, Cleansing, Communication, Death, Employment, Finance & Money, Fertility, Friendship, Happiness & Joy, Health, Love & Relationships, Luck Magic, Protection, Transformative Magic and WishCraft. This book will change your life. Your life will be abundant in all meanings of the word.

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***Mental Health  
Wisdom***



Developing  
Understanding & Empathy

Antony Simpson

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**Mental Health Wisdom - Developing Understand & Empathy**

This book contains everything that you need to know about mental health and mental illness.

Mental Health Wisdom is divided into three sections.

Understanding is section one and is all about the facts of mental health.

In section two, Empathy Through Lived Experience, the author shares his personal experience of mental illness.

Life Hacks is section three. It's all about self-care and quick and easy ways to improve your mental health, prevent mental illness or relapse of mental illness.

**All available to buy in various formats internationally on Amazon.**



Fiction Books By The Author  
Z-VIRUS Series



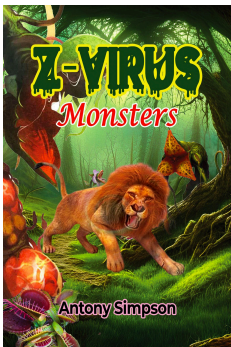
**Z-Virus Powers**

The Z-Virus mutates people's DNA. The majority of infected people become zombies, but a minority seem immune but the virus causes them to develop powers.

At first these powers like invisibility, telepathy and telekinesis aided survival. But as the Z-Virus continues to mutate the powers become more and more destructive.

Forced with no other choice, one group goes in search of a cure. But will they survive the roaming zombie hordes long enough to make an epic journey across the country to find the cure?

Join Alexis, Vis, Chan, Luke, Natalie, Grace, Chloe, Kyle, David and Goliath on this journey in Z-Virus Powers, the first instalment of this three part story.



**Z-Virus Monsters**

The Z-Virus is mutating, now affecting plants and animals.

A group of people, most with supernatural powers, are in desperate hunt for a cure.

Their powers which once helped their survival, are now becoming destructive.

Can they survive for long enough to find the cure? And if so, what will happen when they take it?

Join Alexis, Goliath, Luke, Lucy, Kyle, Natalie, Erin, Sophie, Kevin, George, Zoha, Harry and Ryan on this epic, entertaining and thrilling adventure.