

# Mental techniques

## Happy for nothing

*The anticipation is well known to be the greatest joy. If so, we still use this possibility. Therefore set the anticipation consciously and purposefully to increase your well-being.*

Let's say: You have a meeting scheduled with a friend who you have not seen for a long time.

If you are you now imagine how great the reunion with her will be, you will find likely to increase your well-being.

This technique you can apply so long until it really comes down to this meeting.

Now you can say, "But what if this meeting is not as great as I thought it would be? Then I am so happy for nothing! "



Congratulations! That's probably the best thing you can do, namely be happy of no earthly use!

Many people spend a lot of money to look forward to!

But you can look forward of no earthly use, without having to pay anything. Is not that great?

It does not matter whether the event in reality is really so beautiful then, the pleasant feeling of anticipation you feel about until then, nobody can take any more.