

# PRESS RELEASE

## 'HOW TO BE HAPPY' ONLINE COACHING SERVICE LAUNCHES TODAY



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With the stresses and strains of modern life proving too much for many, happiness can seem elusive. The last few years have seen an increase in the number of happiness based initiatives – with the establishment of the Governments '*Action For Happiness*' and more recently March's '*International Happiness Day*'. And this summer, even Hollywood's Simon Pegg is set to embark on an epic quest for inner joy in '*Hector & The Search For Happiness*.'

But how do you get happy? And stay happy?

A new online happiness coaching service launches today, telling you exactly how. Created by Professional 'Happiness Coach' Stephen Surridge, the site aims to dispel the myths around happiness, making the attaining of happiness accessible to all.

So what exactly is happiness?

**Your individual level of happiness is decided by the amount of positive energy you are allowing to flow through you on a moment by moment basis. And this is decided by the choice of thoughts you think. The more loving and appreciative the thoughts you chronically think, the better you will feel. It's as simple as that!**

The website - [www.mrhappiness2000.com](http://www.mrhappiness2000.com) - contains free Twitter hints and tips, as well as featuring short YouTube video blogs examining various aspects of our lives, suggesting the correct mental approach and state of mind which can bring sustained happiness to individuals.

A risk-free fee based telephone 'Happiness Coaching' service compliments this free advice, offering personal guided support for anyone truly determined to live a happier life. And a full money-back guarantee is offered if after 6 months of receiving the coaching, no improvement is made to a client's happiness level and overall enjoyment of life.

And as a free promotional offer, the site is offering *free* 30 minute telephone 'Happiness Coaching' sessions for a limited time only! Visit [www.mrhappiness2000.com](http://www.mrhappiness2000.com) to register for this offer.

The benefits of happiness cannot be underestimated. They include:

- \* **Greater enjoyment of life on a moment by moment basis**
- \* **Improved attitude towards the self and the world**
- \* **Improved relationships and friendships**
- \* **Increased productivity and motivation**
- \* **Increased energy levels**
- \* **Reduced sickness levels**
- \* **Greater resilience to the stresses and challenges of daily life**

*"Human beings are meant to be happy. Life works when you're happy. And everybody knows this because when you aren't happy, life completely sucks! Yet too many people are wasting their lives existing in a state of unhappiness. With our telephone coaching service the opportunity exists to make a fundamental change to the quality of your life."*

**Stephen Surridge – Professional Happiness Coach**

Visit [www.mrhappiness2000.com](http://www.mrhappiness2000.com) for full information about this service.

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## **ABOUT STEPHEN SURRIDGE**

Stephen Surridge is the former Chief Executive of the drug-free positive mental health charity Feel Good UK, which he ran for 3 years until funding cutbacks in the UK's charity sector led to its closure. The legacy of the charity's work lives on, having helped many young people crippled with low self esteem reactivate their lives, and even saving a young girl from committing suicide.

Stephen himself has personally overcome much trauma in his life, having lived through an 'emotionally turbulent' childhood which later manifested as Chronic Fatigue, which he endured for 15 years. So he's experienced the pain of suffering! Only after making huge emotional changes to his mental attitude and outlook on himself and his life was he able to overcome his disabling fatigue and begin living life to the full.

At the heart of his recovery was the realisation that happiness can only be truly obtained when one attains an emotionally positive perspective on all aspects of one's life. For happiness truly is a state of mind.

*“In a way I’ve been lucky. My early childhood trauma left a residue of negativity and unhappiness within me which severely limited my life chances. So I’ve HAD to get happy and eradicate this residue from myself to truly start living a life of potential and joy. Having overcome such huge and seemingly insurmountable obstacles, I am now in a position to share this knowledge with others.”*

The ‘Happiness Coaching’ service officially launches on Tuesday 1<sup>st</sup> July 2014. It can be found online at [www.mrhappiness2000.com](http://www.mrhappiness2000.com)

Mr Happiness 2000 (a.k.a Stephen Surridge) is available for interview.

#### **CONTACT DETAILS**

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Receive regular hints and tips on how to be happy on Twitter @MrHappiness2000

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***Mr Happiness 2000 - teaching the power of positive emotion to help improve the quality of your life. Because your happiness is our business.***

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