



Living Happily Ever After: Creating Trust, Luck, and Joy

Marsha Sinetar

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From the Introduction to LIVING HAPPILY EVER AFTER. All children, all adults, probably every one of us somewhere deep within yearns to "live happily ever after." This, in part, explains the charm and attraction that fairy tales have for humanity. They promise happy endings. While children are permitted, at least for a short time, to dream of happy endings, we adults are not granted this luxury. We are taught, as soon as we can grasp the lesson, to be "realistic." We are urged to believe we live in a world where luck, trust and even happiness are things only fools or children expect. In this book, I explore a different notion: that happiness exists on a far more grand, profound level than fairy tales ever promised; that glad endings are indeed possible; and that almost all problems have solutions, if only in the way we see them in our minds.... Whatever language or imagery we favor, it seems certain that there are those who live happier lives than others. I try in these pages to describe the PROCESS by which most happy people live, whether consciously or unconsciously.

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