

# **Pretzel Happiness**

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***“Ignorance is the root and  
stem of all evil.”***

- Plato



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## INTRODUCTION

I am ignorant. The more I study, the less I know. I have devoted much of my life to the study and observation of human beings and yet the more I do it the less I understand us. Despite this, I believe that in the process I have acquired lessons, insights, findings and advice that have passed my litmus test, those of some experts and those of many others. In this humble book I do not pretend to solve everything, nor to hyper-simplify an existence that is 'intersectional,' that is, composed of many layers and thousands of realities. But I do seek to give my readers hope, strength and tools to live their interpretation of life in the best possible way. So, that with a little luck and effort they will arrive at the end of it satisfied with what they have done and what they leave behind. The post-COVID-19 world has forced us to reflect deeply. And what still remains... I hope to help you draw with these pages the life you want and deserve to live, for you and for the good of all.

This is a recipe book, recipes for holistic wellness, to make your 'pretzel' more complete and therefore your life more fulfilling. What will your life's outcome be? Do you have what you want? Do you know what you want? Do you measure your quality of life upwards or downwards? Do you say, "Well, I'm above average" or do you say, "I need to get my best results"?

Books on happiness and well-being have, in certain environments, become a bit of a craze. Some peo-

ple are fed up with listening to talks about why they should be happier and how to achieve it. I don't want to fall into the banal and ordinary, but the truth is that you live better by being happier. Studies show that a positive state of mind makes you 32% smarter. If that's not enough motivation for some people, nothing will push them to take steps towards change. In addition, a positive state of mind unleashes creativity, innovation and productivity. Successful people have the perspective that they are responsible for their lives. Everything really works out better for us the more positive we are, so I believe it is worth the effort to do everything we can to have a life of 10 out of 10. However, contrary to what much of the literature you can find on the subject preaches, from my professional perspective I see serious shortcomings that I will try to fix in this book. Among them, the interconnectedness of all factors in well-being, as well as the importance of sex and economic freedom. If you have read much about well-being and happiness you will not be surprised by my conclusion that these factors are not included in the theories in vogue.

My reading advice is to read the whole book from beginning to end. I tell a story that deals with our life and our reality. To understand it better it is important to follow the order. Above all, I beg you to open your mind and slightly rethink your ideas about reality, well-being and happiness. I believe there is something inside of you that wants to come through, that wants to shine, to be recognized and, possibly, to be shared. For what you have inside you to shine you will need a lot of courage and bravery, but above all, time and constancy so that both parts, you and



## INTRODUCTION

your inner self, grow in the confidence that this is the best way forward. Now it may sound like a strange language or something completely undesirable, but that little voice inside you is still demanding attention in its own way. Will you dare to listen to it?

A couple of additional tips: leave the idea of “I know that” at the door. If you really knew it, you would apply it. Therefore, you don’t know it, because you don’t understand its importance to you and the need to apply it as soon as possible. Be aware of the attachment you have to your ideas, to your way of being and doing things. This will be a burden for any change you want to make. And finally, face your fear. It hides behind anger, rage, pride and attachment. Ignorance and arrogance are some of its allies. We all have different degrees of fear, but the important thing is not to let it limit our lives. The hardest thing, after facing your fears, is to know what you want. There is no way to know this without spending time in deep reflection on the subject. Without a clear destination you will never know if you have arrived and this applies to everything.

All the recommendations and tactics shown in this book are yours to make your own, adapting them to your personality and needs will anchor them in your life. Consider which learning vehicle suits you best: visual, auditory or kinesthetic. With that in mind you can modify the different exercises to find what gives you the best results. All new knowledge has to go through its processes of “incompetent unawareness”, “incompetent awareness” and “competent awareness”, until it reaches the peak of “competent

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unawareness". In this last stage you no longer have to think, the technique flows naturally. Everything is achieved with practice, both the good and the bad. Let's get down to work to take those steps that will lead us to the life we were born to live. We can all do it. That is, if we really want it.