

Positive Psychology, Happiness, Mindfulness, and Wellness

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DOES SUCCESS EQUAL HAPPINESS?

Milan Krajnc

Academician, psychotherapist, Monaco

The purpose of the manual is not to offer a step-by-step guide to success (or happiness?), but rather a pre-preparation and a different view of a way of thinking.

Think carefully before making any decision. Always make long-term decisions. First, look at how that decision will affect you and only then your surroundings. The order is important: YOU first, then the others. However, even though the others are in the second place, you must never forget about them. That is why it is essential to keep your thoughts clear when making decisions. You can achieve clearness with high morals and ethics which this whole book is based on.

When we say that we live someone else's life, it means that we live according to the patterns of those who represent our authority, such as parents, educators or individuals who have a certain impact on us. However, we absorb also their habits, and not just the good things that we like, but rather the complete package. And since the complete package means a foreign body in us, we will constantly have problems with it in our future life. For the foreign body to feel good, it will require validation or attention from the outside, that is from where it came from, bringing us into a frequent conflict with ourselves and our surroundings. And that means living someone else's life—these are the foreign bodies, psychological litter, complexes, demons—no matter what the name it is given, it is something that does not belong in us.

Through my life stories and professional knowledge I will try to demonstrate what it really means to be successful, how to become successful and what the right time for that is.

Biography

scientist, researcher, writer, psychotherapist and an entrepreneur, I have been dealing with the successes of other entrepreneurs for 20 years.

ddr@milankrajnc.mc

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