

Eric North, aka 'The Happiness Warrior' is Back with His Lessons on Taking Control of Our Lives



New York City, New York Apr 25, 2024 ([Issuewire.com](https://www.issuewire.com)) - Author and life coach Eric North thrives to show the path of achieving eternal happiness in life, the reason why he is also revered as 'The Happiness Warrior'. Being the warrior who fights for happiness, Eric believes that all humans have

value and purpose along with a right to exist and experience happiness. Every human has a desire to live life as they envisioned. Humans want to show the world what they can do with a certain feeling that the best parts of life want to be revealed. While most people struggle to a grip over their own lives, taking control over their own lives is possible with a proper mindset, attitude, and effective practices. Being the warrior of happiness, Eric shares his wisdom and advises to help every individual.

According to Eric, every human should believe that one can create greater self-respect and momentum by addressing inner truths and convictions. He believes that there's another side to life where one can take control of their life and create own destiny. With clarity and conviction, one can choose to live in a more meaningful and happier mindset. The power of freedom of thought and mind can help to break through the hubris of life and live in truth and intention. A lot of people spend their lives chasing their dreams without realizing how much work and self-discipline it takes to achieve real success and achievement. The messages and signals might be subliminal, but the overall goal is clear to most. The powers to seek to control the mind are pervasive in their scope and ability to cloud one's perspective and steal happiness. The happiness warrior reveals that it is a pernicious system that's been around forever to divide and conquer and steal human happiness through shame and control.

People who gradually give up control and conform to the will and purpose of others are more likely to face an unfathomable loss of autonomy and ability to think freely. The abdication of personal responsibility and the killer of dreams and happiness. Eric also believes that life is what one makes it and it requires greater fulfillment and happiness to embrace this life. The ability to think freely and use words with respect and diplomacy is a great choice. One must instill an unshakable belief that humans deserve more for their lives. This adaptation of a new mindset helps to embrace self-discovery and self-reliance where resilience reigns and truth rules. It is very unfortunate that society is a place where shame and revulsion are cast on anyone who thinks or acts out of truth or authenticity. As a result, many people always feel out of place and distrust their empty words, a fear of discovery for being different ever-present. According to Eric, immense inner walls and defenses are required to survive in this harsh world. Too much caring about what others think or perceive can make one lose control over own self.

Eric has explored the world, himself, and different emotions of life which makes him so helpful and kind. He says that one must not allow the thoughts and expectations of others to influence their habits and actions. The Happiness Warrior himself has gone through a fair share of turmoil with a series of ups and downs in life. However, he finally found the way with authenticity to his own self. Time is an exceptional healing agent and Eric believes that it can heal everything. In order to help individuals with happiness, Eric has provided a handful of practices that can help anyone. It starts with identifying and internalizing a set of personal core values. Having a core belief system can help to reach audiences quickly. Similarly, there should be internal and external motivations clarified in order to determine the impact.

Create a vision for success and let the 'unrealized fears' go away. One must also banish self-limiting beliefs and negative self-talk. It is also important to find a balance between responsibility and understanding. Eric considers "Challenges as lessons and blessings". Quantity and adaptability are what bring the real human in everyone. Articulate your words carefully to gain more attention or else more readers will be skipping your content. Make sure to understand and address (emotional triggers and reactions). The art of living is not rocket science and everyone can learn it with consistency. Eric also emphasizes the importance of breaks, play, or exercise that helps the body to recover both physically and mentally.

In this digital age of depression, everyone needs a life coach and an author like 'The Happiness Warrior' who can help instill self-help practices in every person's life. Find a new meaning and complete

ownership of life with Eric North. Find him at www.thwarrior.com.

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Source : Tom Estey Publicity & Promotion

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