



HAPPINESS EVER AFTER ~ The G.L.A.D.D. Way

By Dave Block ~ The Gratitude Guy

<https://www.facebook.com/GLADDMOVEMENT>



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Happiness.

There isn't a single human being who doesn't want it. Happiness is what we all strive to find and keep.

For the most part, when someone says they are happy, they are telling us they are satisfied with their life. They say they are experiencing contentment, pleasure, and joy in connection to what is going on in their life.

The problem with this approach to happiness is that it sometimes, it is *conditional*...

... *Conditional* upon certain things in life being the way you *want* them to be, and a strong belief that happiness only exists *outside* of you.

So how do we experience true happiness?

To experience true happiness, we need to develop a deep

sense of inner well being, peace and vitality. *We need to know how to create happiness from the inside out.*

True happiness is deciding what's most important in this moment, and focusing all of your energy on it.

We can all start developing more happiness by simply feeling a deep sense of gratitude for being alive.

We have been blessed with so many gifts that most of us fail to realize until it may be too late.

But if we take action today, we can change our way of being in the world and change the way we live our life.

Is there a way to help us maintain this true happiness?

YES, my friends, there is!!!

But first, please allow me to formally introduce myself.

My name is Dave Block.

Like so many in today's economy, I have struggled to make ends meet and eventually lost my job and home.

You may know others who have been through similar devastating and humbling experiences.

I decided not to hold bitterness, but to find a way be happy and grateful for all the good I still had in my life.

It was also during this time, while working at a tollbooth,



that I discovered my life passion in the form of **gratitude**.

I began to really educate my mind and start reading self-help books and taking personal development courses.

These whet my appetite for a new journey, and led me to become **Dave Block, "The Gratitude Guy"**.

As The Gratitude Guy, my mission is to provide an awakening to individuals and businesses about the benefits of choosing gratitude, and how this powerful vibration can be the source of abundant healing, joy and prosperity.

Deciding to a part of the solution instead of the problem, I want to set an example for others to follow.

I want to do what I can to inspire people to have vision, purpose and faith.



My vision of the **GLADD MOVEMENT** is to inspire us all to take action toward our own personal life goals, and thus cultivate the habit of being grateful for every good thing that comes to you. I want to inspire hope. I want to set an example of **giving thanks continuously**.

This Gratitude Guy is ready to create new ways of living that will change how people look at the world.

I believe that gratitude and being appreciative is a concept that really resonates with millions of people right now.

Gratitude, The Missing Ingredient

People are growing tired of the gloom and doom scenario and are longing to connect in a more meaningful way.

The missing ingredient for many people has been ***gratitude***.

In a materialistic world, it seems we always tend to be reaching for something that we don't yet possess.

This “always wanting something more” creates a feeling of being deprived, and when we don't have what we want, it is easy to be in a negative mood.

I believe now that we *won't get to possess what we want, until we have learned to feel massively grateful for what we already have.*

Recently returning from San Francisco, my life was forever changed after taking an amazing bus tour that transported me back to the 1960's.

Embracing the hippie values of **peace, love, and community**, a powerful thought started to develop in my mind in the form of a new age movement...



... A movement that would celebrate transcendental consciousness, the beauty of the universe, and the beauty of being in the forms of **gratitude, love, abundance, and determination and devotion.**

G.L.A.D.D. was BORN!

G.L.A.D.D. represents a powerful acronym:



1. Gratitude,
2. Love,
3. Abundance,
4. Determination,
5. Devotion.

By combining these FIVE empowering attributes, the *awakening of the soul* is recognized that *allows for the conscious mind to prosper.*

Thus, the greatness and PURE LOVE that lives inside each one of us is released for all to share and benefit from.

Let's face it, life moves too fast, and along the journey we often miss the blessings that occur right before our eyes.
We forget who we are BEING in the world.

There is something you can do today that is so simple to start. **Start to love yourself more.**

What you feel towards yourself vibrates out to all those around you.

What you feel toward yourself becomes what you will attract from others.

If you love yourself then others will love you.

If you start to believe in yourself then others will also believe in you.

If you value yourself, that's right, others will value you too.



What are the benefits of being **GLADD**?

- GLADD encourages you to be more grateful and learn to appreciate each moment to moment
- GLADD makes you feel more loved, happy, and confident.
- GLADD teaches that there is unlimited abundance available to you
- GLADD aligns you with your true authentic self

- GLADD motivates you toward making commitments to yourself and to the countless others you are serving.

Being G.L.A.D.D. is waking up each day with a greater present moment awareness and acceptance.

Being G.L.A.D.D. is important in discovering and embodying our true authentic self and bringing forth our gifts, talents and potentials into the world in a way that enriches and enhances the world community.



Can you feel it? Your choice to read this and [feel GLADD today](#) is already boosting your happiness level!

You can see that being happy FIRST is the key to improving your circumstances.

Thanks for reading [“Happiness Ever After – the G.L.A.D.D. Way”](#).

Please now take these next 3 actions and share a bit more happiness:

[1. Confirm your email to make sure you get updates and bonuses!](#)

2. Register for our next [GLADD](#) event, and learn to find new ways of being and sharing [GLADD](#) in your life!

*3. Join our [Facebook Friends Happiness Group](#) for more fun stuff coming up, and **SHARE, SHARE, SHARE!***

Anticipating more [GLADD](#) times to come,

Dave Block, The Gratitude Guy

P.S. Remember, life is about choices and having the courage to make them.

P.P.S. Allow [GLADD](#) to help inspire you to realize and reach for your full potential in life. You'll be so [GLADD](#) you did!

