What Could Be Better Than FREE?

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‘BETTER’ THAN FREE?

Free is good, I get it. It’s why WhatsApp and Snapchat and Instagram and Facebook and Google got to be so soooo popular. Because they were free. (And cool. And useful. And easy to use.)

Free means that you have more money to spend on what matters to you.

Free takes the pressure off. A little. Agreed.



Hi there, **my name is Steve M Nash** and I’m the editor of TextMeFree.com, SelfHelpCollective.com, SMNash.com and SteveMNash.com

So back to that question, then: what could be better than free?

Well, question: what could be better than having the best smartphone in the world? (At time of re-writing that could be Samsung’s Galaxy Z Fold 2, by the way.) Answer: knowing how to get the best out of that smartphone, that’s what!

And what’s a 1000 times more powerful, and clever and cool than the best smartphone in the world, and always will be?

> YOU ARE. Your body, your brain, and your uniqueness. You are.

So, what could be better than free?

> *Knowing how to get the best out of YOU!* (Meaning: **Knowing how to be happy**.)

DOESN’T MONEY AND SUCCESS MAKE YOU HAPPY, THEN?

Some successful, wealthy people are happy. That is true. And what a lovely life they lead. But most are NOT. Just check out the Hollywood gossip columns for evidence of that. Look at how desperate some are to stay wealthy. (This great Jim Carrey video on YouTube says more… https://www.youtube.com/watch?v=t69L1kSkMrw)

Fact: **Happiness comes from within**. It just does. Money is nice, fame is nice, having everything you want in life’s ‘nice’, too. Maybe. But happiness comes from within. And you know that really, I know you do…

A SURPRISING FACT ABOUT HAPPY PEOPLE

We all know people that seem lucky in life. Good things just happen to them. And when bad stuff happens, well it just doesn't seem to bother them. They have lots of fun, lots of friends and always seem to be smiling.

Guess you could call those people happy.

Maybe that's you. Or maybe not. Because we all also know people that only seem to have bad luck. It's one disaster after another. They're always bothered. Life does not seem to be fun. And friends disappear fast.

What's the difference between these two types of people?

- The first group of people know how life works, they know it's up and down, but they don't take much of it personally; they just seem to trust – in themselves, or in life
- The second group take everything personally

That's it.

Taking things personally. Worrying. Comparing yourself to others all the time. Being too serious. Not trusting yourself enough. No faith in life. Not liking yourself. Being frightened to make mistakes.

ALL symptoms of an unhappy person. No amount of money in the world can deal with these symptoms. Because happiness is an Inside-Out job – it comes from within.

HOW TO BE HAPPY, THEN – HOW TO GET THE BEST OUT OF YOU?

Send me $15 and I will tell you double-quick time! Hah! Joke. ☺

Ah, a bit more seriously now Mr Steve. Well, self-help books might work and so might self-hypnosis and other self-improvement stuff you might find on Facebook and YouTube and Twitter. But all that stuff might actually confuse you and make things worse! ☺

The difference between a happy person and an unhappy person, in my opinion looks like this:

- Happy people don't take their thinking so seriously
- Happy people **don't feel the need to control**, or to people please
- Happy people trust themselves and – more importantly – they have faith in life

Whenever you're not happy – you're feeling frustrated, depressed, anxious, frightened or angry etc. – then you're doing one of the above. And you don't need to. Simple, really.

But me talking about happiness is all well and good. You have to feel the truth of what I'm saying for yourself, you really do.

HAPPINESS: SOMETHING YOU CAN DO RIGHT NOW, TO HELP…

1. Go onto your favourite social site. Facebook, Twitter, Instagram, YouTube, or whatever. And **do a search for "Inside-Out Understanding"**, "The Three Principles" or "Sydney Banks".

Search. For free. And read, listen, watch, and wonder. Read, listen, watch and wonder again. And again.

What you'll find there is all deceptively simple. Intellectually, it might not make any sense at all. But it does make sense, it does. I promise you. (Something inside of you will realise this, too.)

2. You could also read this free (no email required) 1-page Three Principles Resources guide I created - www.smnash.com/docs/OnePage3PrinciplesResourcesGuide.pdf

'BETTER THAN FREE' – WOULD YOU LIKE TO KNOW MORE? …

These resources can help in the transformation game, for sure:

- *http://www.hypnosisdownloads.com/10-steps/self-esteem*
  (*You'd never speak to another person the way you speak to yourself…*)
- ***Start Where You Are (90-Day Journal with Writing Prompts)***
  (Learn to speak to yourself with love, gratitude, laughter and a little bit of humility…)

HELPING PEOPLE BE HAPPY MAKES ME HAPPY TOO

Yes, it's true. Seeing the best in people feels good to me. Helping people be the best they can be feels good to me, too. And that's why I also created the following resource too – for people like you:

- A 1-Page Guide to Self-Esteem – 1-page e-book, no email required)



Not sure what you'll make of this 'Inside-Out Understanding' that I'm pointing you towards. But if only one person's life is dramatically changed (as mine has been) by me writing this ebook and sharing this understanding, then it will have been worth it. ☺

Thanks for reading – Steve M Nash