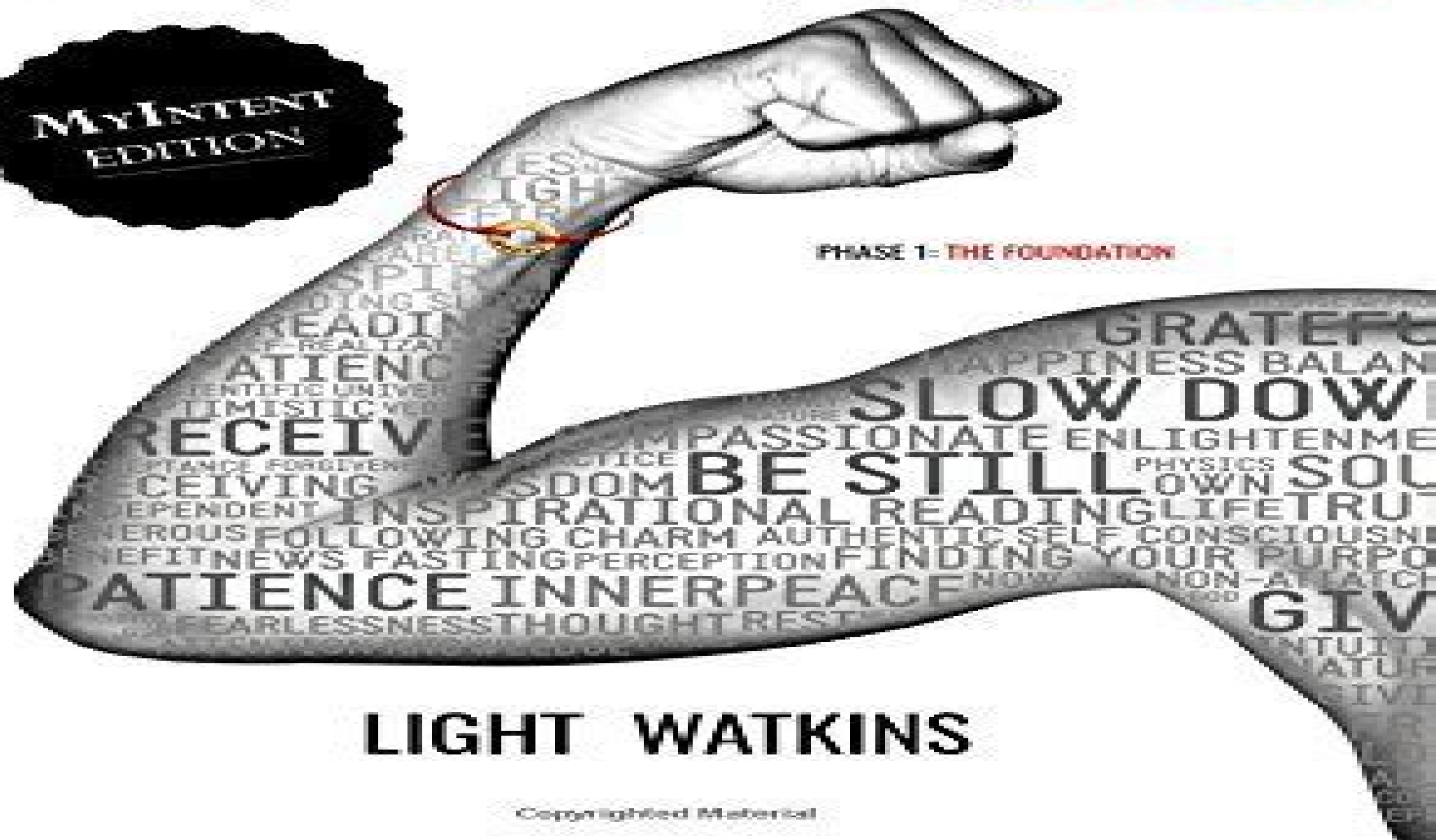


# THE INNERGYM

A 30-day workout for strengthening **HAPPINESS**



PHASE 1- THE FOUNDATION

LIGHT WATKINS

# Inner Gym Myintent Strengthening Happiness

**Light Watkins**



## **Inner Gym Myintent Strengthening Happiness:**

**The Inner Gym - The Myintent Edition** Light Watkins, 2015-12-03 THE INNER GYM is an inner workout program for fortifying the habits that are responsible for experiencing true happiness from the inside out This MyIntent Edition offers wearable daily reminders to practice each inner exercise More about the book One of the biggest myths in our society is that you can simply choose to be happy whenever you want even in spite of challenging circumstances Or that happiness is a byproduct of making more money falling in love or being successful But modern research says this is an illusion and that happiness is not sustained through achievements Rather happiness is the byproduct of several small habits that lead to the development of strong inner muscles **The Inner Gym** Light Watkins, 2025-02-15 The Inner Gym provides you with a

series of inner exercises that will do for your happiness what outer exercises like pull ups push ups and squats do for your physical muscles These exercises will help to build and strengthen your happiness After all true happiness is a byproduct of inner strength training The idea is simple Each chapter provides you with instructions on how to perform an inner exercise such as meditation expressing gratitude or performing a random act of kindness There s a log at the end of each chapter for holding yourself accountable The entire program is only 30 days Click the play button above to watch the Inner Gym trailer with author Light Watkins It s the closest thing you can get to a magic bullet for happiness Start inner exercising today and pump up your inner happiness muscles and watch how your happiness grows from the inside out *Your Better Instincts* Stacy Irvine, 2021-09-14 Tap into your natural superpower for peak health happiness and performance After a lifetime of working and coaching in the health and fitness industry Dr Stacy Irvine was puzzled that no one had been able to find a solution to successfully motivate our whole population to lead healthier lives In North America rates of many chronic diseases are increasing obesity is still on the rise our consumption of processed junk food continues we re sleepless and our mental health is suffering We have all the science to understand what we need to do and clear ways to communicate it to a diverse population but this does not seem to be enough So what s the secret Dr Irvine believes our instincts are our natural superpower for improving our health happiness and performance In our extremely busy highly connected lifestyles we are ignoring our basic human instinctual patterns These patterns are part of us from the moment we are born think of a toddler who learns to crawl then stand and eventually run or our basic human need to communicate and connect We develop our instincts as we age and as we navigate our environments Instincts are responsible for our survival as a species and they are the amazing attributes that separate us from machines Using personal reflection and scientific studies and drawing on interviews with top performers including astronaut Chris Hadfield Jimmy Kimmel Live animal expert Dave Salmoni and Rush s Alex Lifeson and Geddy Lee Dr Irvine demonstrates that our instincts are our superpower Tapping into them in our daily lives leads to improvements in our overall health performance and happiness In an increasingly technological world relying on your better instincts is the counterintuitive way to get ahead

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