# CONTENTE OF

How To Have a More Satisfying Life and Not Be Tied To Expectations



### LIVE A LIFE OF CONTENTMENT

## **Disclaimer**

This eBook has been written for information purposes only. Every effort has been made to make this eBook as complete and accurate as possible. However, there may be mistakes in typography or content. Also, this eBook provides information only up to the publishing date. Therefore, this eBook should be used as a guide - not as the ultimate source.

The purpose of this eBook is to educate. The author and the publisher do not warrant that the information contained in this eBook is fully complete and shall not be responsible for any errors or omissions. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this ebook.

This eBook offers information and is designed for educational purposes only. You should not rely on this information as a substitute, nor does it replace professional medical advice, diagnosis, or treatment.

### LIVE A LIFE OF CONTENTMENT

# **Table of Contents**

Introduction	6
Chapter One: Understand Satisfaction Is A Mindset	9
What Does It Mean To Be Satisfied?	10
Lack, Abundance, and Satisfaction	12
Practice Satisfaction	13
Chapter 2: Learn The Difference Between Expectations and Wants	16
Turning Wants Into Expectations Can Lead To Satisfaction Troubles	17
Losing Satisfaction From Lost Experiences	19
Chapter 3: Self Love Isn't Easy	23
Self Love Doesn't Have To Mean Stagnation, Just Satisfaction	25
Making Self Love Easier	26
Take Yourself Out For Some Self Care	27
Be Around People Who Love You	28
Chapter 4: Tame Your Inner Voice	30
Step 1: Focus On What The Inner Voice Is Telling You	31
Step 2: Counter Each Negative Phrase With Something Positive	32

### LIVE A LIFE OF CONTENTMENT

	Having An Out Of Control Positive Inner Voice	33
	Chapter 5: Less Is More	36
	How Less Is More Can Lead To Satisfaction	37
	This Applies To Everything	38
(	Chapter 6: Know When Social Media Is Toxic	41
	What Is Toxic Social Media?	42
	How To Overcome Toxic Social Media	43
	Clearing Out The Errant Toxicity	44
(	Chapter 7: Don't Be Afraid To Try New Things	
	The Base Level Of Happiness	48
	What New Things Should I Try?	49
(	Chapter 8: Life Is A Journey, Not A Destination	52
	Focus On What Really Matters	53
	Don't Be Afraid To Rest And Just Be Content	54
	Have Some Fun	55

