

329: Better Than Happy: The Book



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Jody Moore

[Better Than Happy](#) with Jody Moore

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I'm Jody Moore and this is *Better Than Happy*, episode 329: Better Than Happy, The Book.

Did you know that you can live a life that's even better than happy? My name is Jody Moore. I'm a master certified life coach and a member of the Church of Jesus Christ of Latter Day Saints. And if you're willing to go with me, I can show you how. Let's go.

Oh my goodness, today is a very big day here at Jody Moore Coaching. I have been working on this book for a very long time. And I'm so happy with how it turned out. Damn, I'm so excited to get this book out to all of you. The book is called *Better Than Happy: Connecting with Divinity Through Conscious Thinking*. And I want to tell you just a little bit about the book and then I apologize for the poor audio quality but I'm traveling right now.

And most of this podcast is going to be really high audio quality because I am going to give you a chapter of the book. I'm going to play a chapter of the book for you here today on today's podcast episode so you can get a little taste of it. This book is not the first book I've written but it's the first book I've published. The first book I wrote was not a good book.

And I really feel like I needed to go through the process of writing that first book to get clear about what I actually did want to write a book on. I literally wrote an entire book before – I didn't go through the all the editing of it I should say. I didn't work with editors and go through all the revisions but I did write a whole book. And then I realized that's not my book. So I threw that away and I wrote another one.

And then I worked with many people who are much smarter than myself who helped me with just shaping the book into what it is. One of those people I want to give a huge shout out to is Scarlett Lindsey. Scarlett is a brilliant editor. She edited so many versions of my book and then through an odd twist of fate at the end my publisher sent it off one more time and hired somebody. And they happened to have hired Scarlett Lindsey again.

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So anyway, Scarlett, I love you and I'm so excited that you've been on this journey with me.

Many other people have helped me to shape this book as well. And I don't mean to turn this into an awards acceptance speech. But I just am so grateful to all the people that helped me get this book to where it is. I want to tell you what this book is about so that first of all I hope that you'll buy it and read it. But even more so I hope to give you a good understanding of who it might be appropriate to give this book away to. Because obviously if you follow me here on the podcast and you listen to me you're probably going to really enjoy the book.

But I want you to know also that I wrote this book to bridge a couple of gaps. So before I get into that let me just mention that the people that have read the book so far, and the book has been out for a little bit but it wasn't really finalized in all of its formats until today. So you can get it at Amazon, you can get it as a book, you can get it on your kindle, you can get it on audible if you want to hear me read it to you.

But the people that have read it so far have been people like you who have been following me and know my work. And the feedback that I've gotten I am so grateful for because what I've heard over and over again is, "I didn't really think you were going to have a lot new to teach me because I've been listening to you for so long. And there were so many new things and I've had so many new insights." And that really delights me to hear that. Like I said, I wrote this book to bridge a couple of gaps and here's what I mean.

As a member of the Church of Jesus Christ of Latter Day Saints, the doctrine of the church, the principles that we live by have been so important to me and still are so important to me in shaping who I am and how I live my life. And I am so, so grateful for my religion and the role that it plays in my family, in my marriage and in my personal life especially.

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And there are many people in the world of self-help, which coaching would fit under, who are skeptical of religion, who think that religion is a way for people to abandon their own internal wisdom and instead rely on external people telling them what to do. And that is not my view of religion nor has it been my experience with my religion. It's not how I choose to utilize religion.

And so I don't blame those people for thinking that. I know that can happen but I feel if they truly understood, at least the religion that I choose to practice, that they would see that it goes right along with all of the things we teach as coaches, in the way that I was trained as a life coach. And similarly, the tools that I've learned as a life coach, which I learned first as a client and a student of these tools, they have been so transformative and life changing to me.

In fact when I found them, I felt like it connected the dots for me on how to live these gospel principles. I understood the gospel principles. I wanted to follow them for the most part. I had a desire to live a more Christ like life but I couldn't figure out how. And the tools that I learned in coach training and through being coached myself were for me a really valuable and useful way to live the way I was trying to live.

And there are many people within my own church who think that the tools of self-help, and especially life coaching is selfish, that it's a focus on self and that it's lacking in compassion and that it doesn't leave room for the spirit. And I've heard many things along this line from members of my church. And again I understand why they think that because it can be utilized in that way but that has not been my experience of it at all. And again I feel if these people, some of them anyway, understood how these tools work then they would see that it goes hand in hand with the gospel of Jesus Christ.

So that's always been my experience is that the two have complemented and enhanced each other in my life. And that's not to say that the tools of coaching are as perfect as the atonement of Christ, they are not by any

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means. Please don't think that I'm putting them up side by side in importance. I'm simply saying that the tools of personal development that I teach here on the podcast and that I use with my clients in my coaching program have helped me deepen my testimony and understand possibly some of the wisdom behind God's plan for us.

And so this book is a spiritual book. Each chapter is based on a gospel principle. I cover things like prayer, obedience, repentance, grace, the atonement, the plan of salvation. We talk about tiding in there. We talk about all these really church topics, you might say, gospel topics. Each chapter is based on one. And we dive into the topic and then I connect the dots about how the coaching tools I utilize, for me have possibly explained some of the reason behind the commandments as well as like I said, how to live them.

And so I hope that this book will be one that you can give to somebody who wants to read a book that will deepen their spirituality because it will do that. It's also a book that you could give to somebody who likes to learn more about human behavior, about how the brain works, about how emotions drive us, about how human beings operate in general.

And again, sort of my hidden agenda you might say, it's not hidden because I'm saying it here on the podcast but my agenda behind it is to try to offer to people who are interested. I'm not saying this is for everyone but to people who are interested, to see how the two go hand-in-hand, to deepen our testimonies and our relationship with Christ by bettering ourselves, by better understanding ourselves and by better navigating ourselves.

And so I hope that is what this book does. It does so in a very light-hearted fun manner. I tell lots of personal stories in there, stories that many of my clients who have been with me a long time say they can't believe they've never heard these stories. And so it's a personal book to me.

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And I wanted to share a chapter with you today, this is Chapter 5 on prayer, this is the actual audio version of the book. You're going to hear it here for free. And if you like it, I hope that you'll go pick up a copy again in whatever format you like to read books and will help me to spread the word to get this book out to as many people as we can.

Alright, here we go.

Chapter 5: Prayer. 3rd Nephi 18:20. And whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you. The eye sees what the mind looks for. On the route between your home and some place you regularly travel to, how many houses have a for sale sign posted in front? My guess is that if you are a real estate agent or are looking to buy a house you might know the answer to that question, otherwise you don't know at all. That's fascinating, don't you think?

Every single day you probably pass for sale signs that you don't notice at all. This is because your brain deems the signs irrelevant. So you don't waste energy becoming aware of them. It's so efficient that brain of yours. Our brain truly is phenomenal. Stimulus, what we see, hear, taste, touch or smell comes in as information through the body. And the brain rapidly sifts through it and filters out anything that is not relevant. We would be exhausted and ineffective if we took everything in.

For example, pause for a moment and notice all the sounds you've blocked out to focus on reading this book. Is there a TV or music on in the distance, people having a conversation? How about the hum of a fan or heater? Is the refrigerator or dishwasher making a sound? Is there a clock ticking? There's more than you realized, right? Your brain knows that the sounds are not relevant to what you were doing so it is blocking them out. And that's just auditory stimulus.

If you stop reading for a moment and look around you'll notice all the visual stimulus around you. Consider how much information our brain disregards

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as irrelevant in every moment in order to save our focus for what does matter. Have you ever wondered why the people you live with can relax when the house is a mess and you cannot? I recently went to the basement to find my four kids playing video games, all eyes were glued to the screen and thumbs were moving ferociously over the controllers. Why are controllers so complicated these days?

The kids were surrounded by toys, blankets, pillows and empty water bottles, and an entire bag of popcorn was dumped upside down onto the carpet. And not one of them was the least bit bothered by this disaster scene. Now, here's the interesting part. I know my kids and they are not slobs. They don't like to get dirty. They prefer things to be simple and clean but they are fine to sit and play video games in the midst of this mess because their brains can and will block it out. They don't notice the mess because they don't have thoughts that would make it relevant.

But not me, I have many thoughts about that popcorn all over the floor. My thoughts are about all the work this mess has created for me, they include opinions about kids, and rules, and disobedience. I start judging my children and feeling sorry for myself. And since I'm on the judgment train now I'll throw in some judgment of myself for my inconsistency in enforcing rules and my failure to teach my kids how to clean up like successful humans should.

In other words, I make the circumstance of popcorn on the floor mean quite a few things and this is the reason why I cannot sit and relax in the midst of it. But to my children the mess is much less relevant than whatever they are doing on that screen. The eye sees what the mind looks for. While it can be extremely useful in many cases you should know that this brain feature can also be detrimental because the brain can't filter out information just because we say, "Don't see it."

The eye sees whatever the mind looks for, whether it's something we want or don't want to see. If I tell you, "Don't think of a yellow school bus", what just happened in your head? You thought of one, didn't you? Even though I

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told you not to. The brain hears only that yellow school buses are relevant. If I told you to make sure to not notice yellow school buses on the road all day today, you know what would happen, right? They'd begin jumping out at you everywhere because your brain is now focused on them.

So while planning, being informed, and taking precautions to avoid problems can be useful to an extent, overly focusing on something we don't want is actually inviting more of that thing into our focus and therefore into our lives.

Race car drivers are taught that if their car begins to skid out of control, they need to avoid looking at large objects that they don't want to crash into, think telephone poles for example. Because even if a driver is looking at an object and thinking, watch out for that telephone pole, the brain only knows that now telephone poles are relevant so the body will work together with the brain and the driver will become more likely to steer directly into the pole. Drivers instead learn to look in the direction of the road, the dirt, or some place where they want the car to go.

Brains are amazing. What does this have to do with prayer? I'll tell you. Prayer is a version of conscious thinking because when we pray, we intentionally direct our minds towards what we want to say to our Father in Heaven. Maybe you say your prayer out loud, maybe you whisper it or maybe you say it in your head. Doesn't matter. When you pray you are thinking thoughts and focusing your brain in a more meditative receiving state. You're telling your brain what to focus on and learning to still your mind.

What we focus on we head toward, we create more of and we attract into our lives and the Lord answers. There are many ways to say it but the point is the same. We get what we seek if we seek it with belief. This is one reason possibly why consistent heartfelt prayer with our Heavenly Father serves us so well. Does He really need us to tell Him what we're thinking? If He knows my heart and every hair on my head then He also knows my

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thoughts. He doesn't really need me to tell Him. I need to tell Him for my own benefit.

I need to direct my mind toward the things I want so that I can tell my brain what to look for and create in my life. Loving heavenly parents are always sending me what I need. But my brain may filter out these blessings as irrelevant if I'm not telling my brain that they are relevant. And prayer is an especially useful way to tell my brain what to look for.

Part of my coaching business model includes publishing a new podcast episode every week. The podcast serves several purposes, teaching my clients so that during coaching sessions I can spend more time coaching and less time teaching, putting thought work tools into more hands. And helping people who are not yet clients know whether my program is the right fit for them. And I've been doing this for nearly six years.

Do you know what that means? It means I've published more than 300 podcast episodes on over 300 different topics. And I don't see an end to this train because it's a fantastic ride and is serving so many people. It also means that topic ideas for future podcast episodes are particularly relevant to my brain. I even pray for guidance on which topics to discuss.

People ask me if I'm worried I'll run out of ideas. And I tell them, "Not in the least." Because the podcast is so relevant to me I find ideas for it everywhere. When I'm in line at the grocery store waiting to check out, I often overhear conversations, sometimes it's someone having a heated argument on their cellphone. And other times it's two people discussing their thoughts about the headline of a magazine displayed by the checkout. To me these observations are full of potential podcast topics.

I can be listening to another podcast, an audiobook, or even a church talk on a subject that is in no way related to the work I do and I'll open up the notes app on my phone and capture the idea it just gave me for a podcast episode. Sometimes even a seemingly everyday conversation with a friend gives me an idea for what to publish that week.

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For example, I recently went on a walk with a friend who told me about a struggle she was having with family members who she felt didn't understand her. She felt they were judging her unfairly and was hurt when she thought about their disapproval. On the walk I stayed in friend mode. I don't coach my friends unless we are on an actual coaching call. And I empathized with her. I told her, I think she's amazing and validated her pain. But the conversation gave me the idea to create what has become one of my most downloaded podcast episodes, *Allowing People to be Wrong About you*.

The eye sees what the mind looks for. It's brilliant. Let's remember the way in which we are taught to pray. After opening our prayer and addressing God, we converse with Him. We express gratitude for all the things we appreciate. Thanking Him is extremely useful because it directs our brain to the good things and we get to feel gratitude which we already know is valuable. With this practice we invite into our lives more of the blessings for which we are grateful, more of what we already have and still want.

Next, we ask Him for what we need, again, putting a focus on what we want to bring into our awareness or create for ourselves. As we speak with Heavenly Father, we are literally telling our brains what to look for and create. And in a more open meditative form of prayer we can even take a step beyond what we think we need and want and open ourselves up to what the Lord wants for us. Either way we focus our minds in a useful way through prayer.

Of course this doesn't mean that we don't share our concerns or worries but notice that when we pray there is a different approach than when we are just complaining. When I want to complain I like to call one of my sisters. They are both good at allowing me to vent, not trying to solve problems I don't really want to solve and offering a little bit of validation or empathy. I hope you have someone like this in your life. Sometimes it helps to just say out loud what is bothering you.

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But when I am ready to improve things, change myself, or solve the problem it's a different conversation. I might still call one of my sisters but I'll say, "Okay, I need ideas", or "What do you think about me trying this approach?" When we pray it's in the spirit of seeking, not in the spirit of complaining.

For example, we don't say, "This part of my day was the worst, Heavenly Father. You wouldn't believe what a jerk the guy at the grocery store was." That's just not the spirit of prayer as I have come to understand it. It might be, "Please help me to be more patient with people like the man I encountered today." Our thoughts are focused on how we can gain patience, which is a pretty useful thing for our brains to go to work on. When we tell our brains what problems we'd like to solve we begin noticing all the ways in which we can solve those problems.

This process is so powerful that it can feel a bit like magic. I know this because I have felt it working during some of the challenges I have experienced. I have stomach problems, I'm not sure why, but my dad has the same issues as do many of my siblings. We've all been tested for everything under the sun and I've tried everybody's recommendations to relieve the symptoms. As far as I can tell, my stomach pain flares up most when I'm eating too much junk food, when I'm stressed or when there seems to be no reason at all.

I've learned to manage it for the most part by watching my diet, staying hydrated and taking pain medication when necessary. However, when I'm pregnant the problem seems to be more intense and less preventable. And I am unable to take my go to pain medication. When I was pregnant with my third child my stomach pain was especially bad. I couldn't sleep or find any relief. My husband gave me a blessing and I was praying fervently. I prayed to find a remedy that would be safe for my baby and would provide some comfort.

Praying was one way for me to tell my brain that finding solution to this stomach problem was relevant and that it needed to filter out unnecessary

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things until we solved the problem. One day I had a routine prenatal checkup at the doctor's office where I knew all the nurses and had visited many times before. This appointment was different though. A nurse I had never seen before helped me. I can't remember her explanation for being there that day but I didn't think much of it until I began talking with her and she asked how I was feeling.

I told her about my stomach pain. And while most physicians and nurses dismissed it, she was curious. She asked me multiple questions and then told me that she had similar symptoms. She suggested that I try sleeping in more of a sitting up position, propped up on as many pillows as I could be comfortable on. She believed that if I did this my symptoms would lessen. It sounded too easy to be useful. I was skeptical that it would help. I was also desperate for relief so I did as she instructed. The next morning I woke up with almost no pain in my stomach. I was in complete awe.

I called my siblings and they reacted to the nurse's suggestion with the same optimistic skepticism I had but agreed to test it out. Amazingly we have all found at least some relief with this method. I never saw that nurse again not through the rest of that pregnancy, nor during the one I would have a couple of years later. I tell people all the time that that nurse was an angel who came to help me in answer to my prayers and she is. Maybe she's an angel living as a person on Earth but to me she is an angel, nonetheless.

I'm so grateful that Heavenly Father is there and listening to me. When I ask Him for what I need, He directs me toward it. He puts events, and people who can help me in my path and He gave me a brain that works to identify them. When I tell my brain to focus on solutions it is capable of doing so in amazing ways.

Perhaps if I hadn't been focused on finding a solution to my stomach aches, I wouldn't have brought the subject up with the nurse. After all, when she asked how I was feeling, she was asking specifically about the pregnancy. But thanks to the prayer I had said earlier, my brain was

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focused on finding a treatment that wouldn't harm my baby. Perhaps Heavenly Father wouldn't have put her in my path otherwise, who knows.

What I do believe is that when we focus on what we appreciate, what we need or what we want, we invite those things into our lives. And prayer is one of the most powerful tools we can use to accomplish this. I know that life is much more complicated than this story. The Lord doesn't always answer our prayers the way we'd like Him to. Sometimes His timing is different than ours, or we feel that we aren't receiving answers at all. But I do believe that Heavenly Father gave each of us a brain and that a part of it is designed to help us seek out the things we want and need.

Prayer is one way we can keep our focus on things that will serve us. Here is the model I used to help me through my stomachache issues. You could replace the circumstance line with a challenge you are facing and try it out for yourself.

Circumstance: I'm having stomach pain during my pregnancy. Thought: I know I can ask the Lord to help me figure this out. Feeling: curious and hopeful. Action: I pray to ask for help and then I speak with people who I think might have solutions. Result: I am open to noticing the solutions that the Lord helps provide. The power of stillness, we live in a hectic world, everyone everywhere wants a piece of our time, our money and our attention. And I don't know about you but I'm often happy to give it away.

I like TV. I love my phone. I enjoy scrolling Pinterest, and Instagram, and watching makeup tutorials on YouTube only to keep doing my makeup the exact same way I have for the last 25 years. It's fun this world we live in. Thanks to the internet we have endless access to things we can watch or purchase. We can watch TV without commercials and we don't even have to wait for the right day or time for our favorite show to come on. We just click, search and boom, the show is ready to watch. What a world.

Some of the noise in our world is junk. But many of our distractions are grounded in goodness. I like to listening to audiobooks as I tidy up the

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house or to a podcast while I'm getting ready in the morning. The amount of knowledge available and the ease with which we can access it is truly incredible. And I'm grateful to be alive to experience it. Sometimes I wonder however if amid all this stimulus we are losing the ability to be still. Stillness matters.

There is power in taking time to be quiet, to listen to our thoughts and to connect with the divine and hear inspiration, revelation and wisdom. But when our brain is not used to stillness it may find the quiet extremely uncomfortable and we may feel fearful or anxious as a result. The brain does not prefer a blank slate on which to draw anything, it prefers stimulus, something external it can latch onto and think about.

Many of today's experts in neuroscience and psychology find meditation to be beneficial. There are a variety of meditation methods and I won't get into them here because I am not an expert in this area. But essentially to meditate is to practice directing one's mind. It's developing the ability to direct the brain towards stillness and away from the busyness of our thoughts. It's dropping into what is true and real which is always peaceful and centering. Meditation helps us find truth which can be hard to find underneath all of our brain chatter.

Truth feels steady, calm and loving. Truth is what we know intrinsically and what the spirit confirms for us. And then there are all the thoughts our brains lay on top of truth. That's what I call brain chatter. What I love about the patience of prayer when I do it sincerely is that it helps me be still and find truth. Prayer is the practice of quieting my brain chatter and connecting with the divine where all truth resides. It is the practice of not listening to my thoughts but instead talking to the source of all peace and love who is God. Stillness matters.

Back when I was still working in a corporate career and living in California, I found myself questioning whether I was doing the right thing by continuing to work full-time after I had children. The high heels and paychecks were fun but not as important to me as being there for my kids or following the

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path the Lord wanted for me. But I was afraid to get still and hear Him because I didn't want Him to tell me to quit my job. Instead I kept so busy with that job and those kids that I couldn't really hear much above all the noise of the world and in my head and this worked sometimes.

However, the thought that I should bring this question to the Lord was always nagging at me. At that time my husband was making enough money to support us. My children were ages two and three and every day I had to commute in Southern California traffic to take them to Polly's house who watched them while I worked and then get myself to and from work. We spent more time on the 605 freeway than we did in our own backyard. This was my life until one morning when I finally got still.

It was raining as I loaded the kids into the car and then turned the heater on. Now that I was acclimated to Southern California a little rain felt like a winter day to me and I was freezing, besides some heat often helped the little ones fall asleep on the drive, making it easier on all of us. If you've lived in a place that gets winter snow then you would be confused by Southern California drivers in the rain.

Light rain does not really make for hazardous road conditions other than limiting your visibility a bit. But nobody in Southern California seems to know this. And when it rains everyone drives at a slow creeping pace as you would on icy roads. So on this particular morning our long commute became even longer.

While creeping along the freeway with a little heat on my feet, two sleeping angels in the back seat and rain lightly tapping on my roof I considered whether I should call a friend, listen to my audiobook or put on music. Then I had the thought to just be still. I brushed it away at first still sifting through the options in my head but I finally decided that the pitter-patter of rain was enough to keep me company and I began reflecting on my life. I thought about how much I love my kids and wondered if dragging them all over the freeways of California every day was too much.

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I wondered if we would be okay if we tried living on just my husband's salary. I mostly wondered if I would be okay if I quit work and stayed at home with the kids. I felt scared just imagining it. The fear was immediately followed by guilt. Was I being selfish? What was wrong with me? Why did all the other women in my ward love being at home with their kids and I didn't? Was I making a mistake?

As I continued to be in the stillness of this question my mind shifted away from fear or guilt and I felt overwhelmed with gratitude, gratitude for those kids and my husband. Gratitude for Polly for loving my children, gratitude for that moment on the freeway where the world outside was busy but inside my car was stillness and warmth. But I also felt gratitude for my job and my company.

It wasn't a formal prayer but it was reverent and I felt the spirit there as my heart filled with love, thinking about all the people I had come to know at my job, the good work we were doing and the things I was learning by being there. And that's when I noticed the rainbow.

It was beautiful as rainbows always are. The sun was shining through the clouds and light rain was still coming down. But to me the most amazing part was that I could see the entire rainbow. It began on one side of the 605 freeway and ended on the other side. It made an arch right over the freeway and we were about to drive directly underneath that rainbow. It was as though the rainbow was put there like a red carpet to tell us we were special, to tell us that we were going the right way. The rainbow arch was the way to Polly's house and to my job.

And I felt the truth right then as the sight of that rainbow cleared away the brain chatter. The truth was that right then my job was a good thing for me and my family. The truth was that this might not always be the case but right then I didn't have to make forever decisions about whether to work or stay at home. The truth was that it was okay for me to love going to work and that my children were in the best of hands with Polly who loved them.

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The truth was that I am not like most other women I knew and that was not a bad thing.

The truth was that at this point the Lord wanted me to do what I wanted to do. I'm not suggesting that the rainbow was a sign from God or that answers will be as obvious in most cases. But sometimes something simple like nature combined with our willingness to be still can open us up to personal revelation and inspiration that we otherwise might miss. Stillness and truth finding is something I am able to do well only on occasion. The great ones, the people who leave a legacy behind, they must get good at doing it frequently and doing it even in the most challenging of times.

I recently heard a story about Dr. Martin Luther King Jr. and the famous speech he gave at the pinnacle of the civil rights movement. According to the story, Dr. King was supposed to deliver a different speech in Washington DC that day. His advisors had put a good deal of time and care into writing it for him. Dr. King began giving the prepared speech but knew it wasn't landing with the crowd. It was not moving people the way he had intended, it was falling flat.

Partway into his speech he paused just long enough for a woman in the crowd to call out. She said, "Tell them about the dream." Dr. King abandoned the previously prepared speech, he got still, even in the midst of the 250,000 people gathered between the Lincoln memorial and the Washington monument. He accessed the truth and wisdom that resided within him and delivered what we know today as the I have a dream speech. And what lived within him was more powerful than anything anyone else could have told him to say.

John 14:27 reads, peace I leave with you, my peace I give unto you, not as the world giveth give I unto you. Let not your heart be troubled, neither let it be afraid. This unique peace is available to us only through Christ. And how will we access it if we don't get still enough to feel His influence?

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I have never been good at sitting on the ground with my legs folded, my hands on my knees and my mind focused on my breath. If you are able to do that, I respect you. I am up for the challenge of learning to be that still. I don't doubt the power of it, but prayer, formal or informal, meditation and stillness are things that I believe our heads and hearts crave. I believe they are where we access truth.

We have amazing wisdom within us but to take full advantage of that wisdom we must first choose to listen. We can connect with ourselves and the stillness and we can hear the spirit there. Choose any method you want but please my friend, be still.

Who is your life coach? If you don't have one, I would be so honored to be your coach. I created a virtual coaching program called Be Bold that I want to invite you to join me in. We can address challenges, we can work on goals, and we can do it in so many different ways.

We have group coaching, individual private coaching, and online chats along with hundreds of hours of courses and content that I've created just for you. When you're ready to really take what you're learning on the podcast to the 10x level, then come check out Be Bold at JodyMoore.com/membership.