



# **AHA!** **MOMENTS**



**Riding Life's Rollercoaster  
without Freaking Out**

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## INTRODUCTION

If you feel like you're on a rollercoaster hanging on for dear life, you're not alone. Today's world is more stressful than ever – we're all on 24/7, often struggling to keep from falling off.

Perhaps that's the very reason this book found its way into your hands. You're seeking fresh ideas to navigate life's chaos without losing yourself in the process.

In our book, you'll discover proven insights\* developed by many of the world's greatest thought leaders – called *AHA! Moments*. They enable us to stay calm, solve problems and thrive despite the pandemonium of life. We created a fictional character, Sunny, to communicate different *AHA! Moments*.

The foundation of wellbeing is clear. It is the way we see things, our individual perspective. This book's focus is on helping all of us adopt open, flexible and sensible

ways to see and interpret ourselves, others and the world. This leads to a greater sense of optimism and happiness.

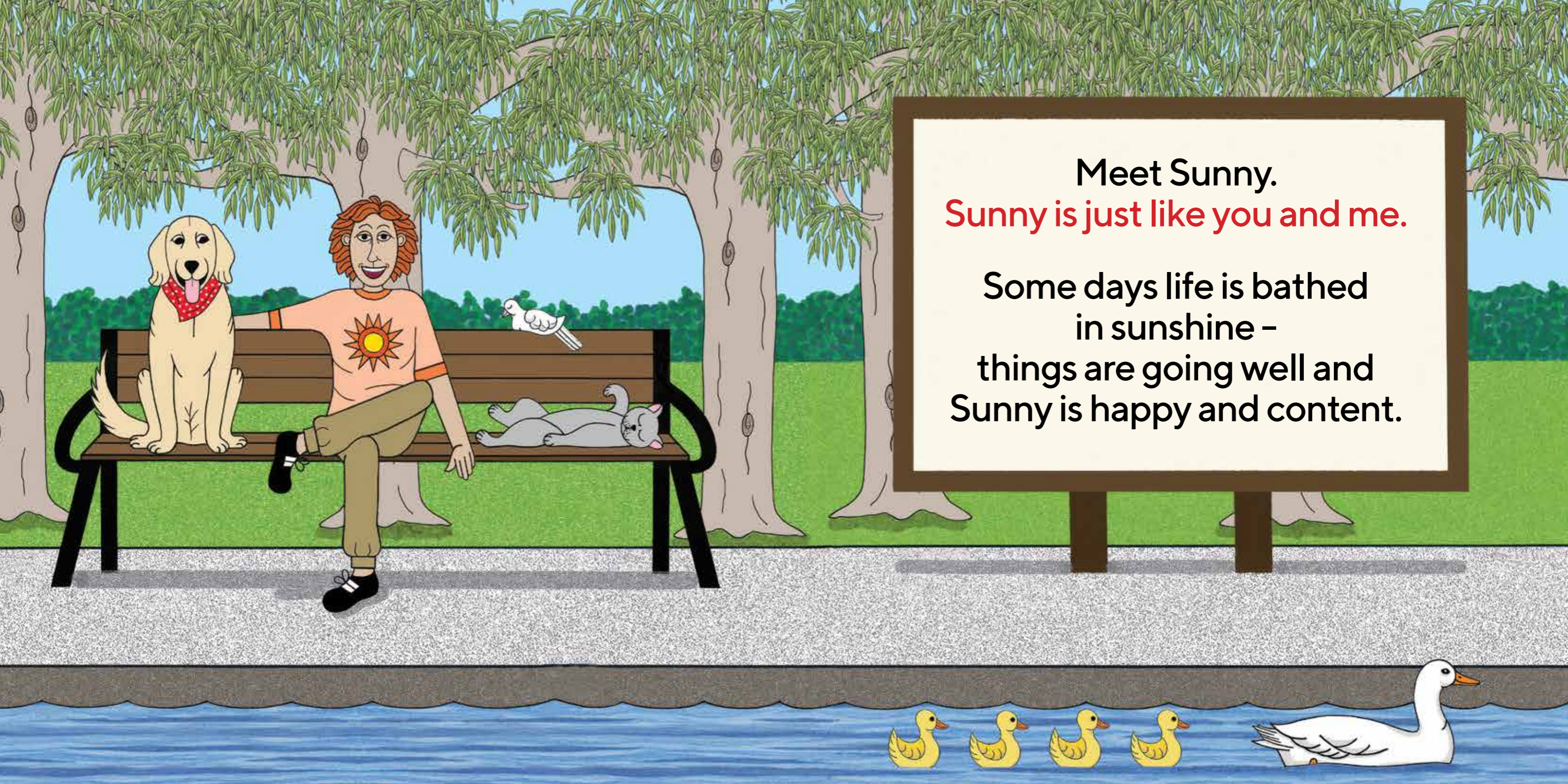
And what's great about this book is that it's not like traditional, word-heavy, self-help books. Every page presents just one illustration which demonstrates thought-provoking insights on the adjoining page.

We wrote this book because we share an unwavering passion for helping people to live their lives with less stress and more joy. Our aim was to make this book thought-provoking and enjoyable.

Most importantly, we hope it will give you ideas that you can put into practice right away that will make an immediate difference to your life.

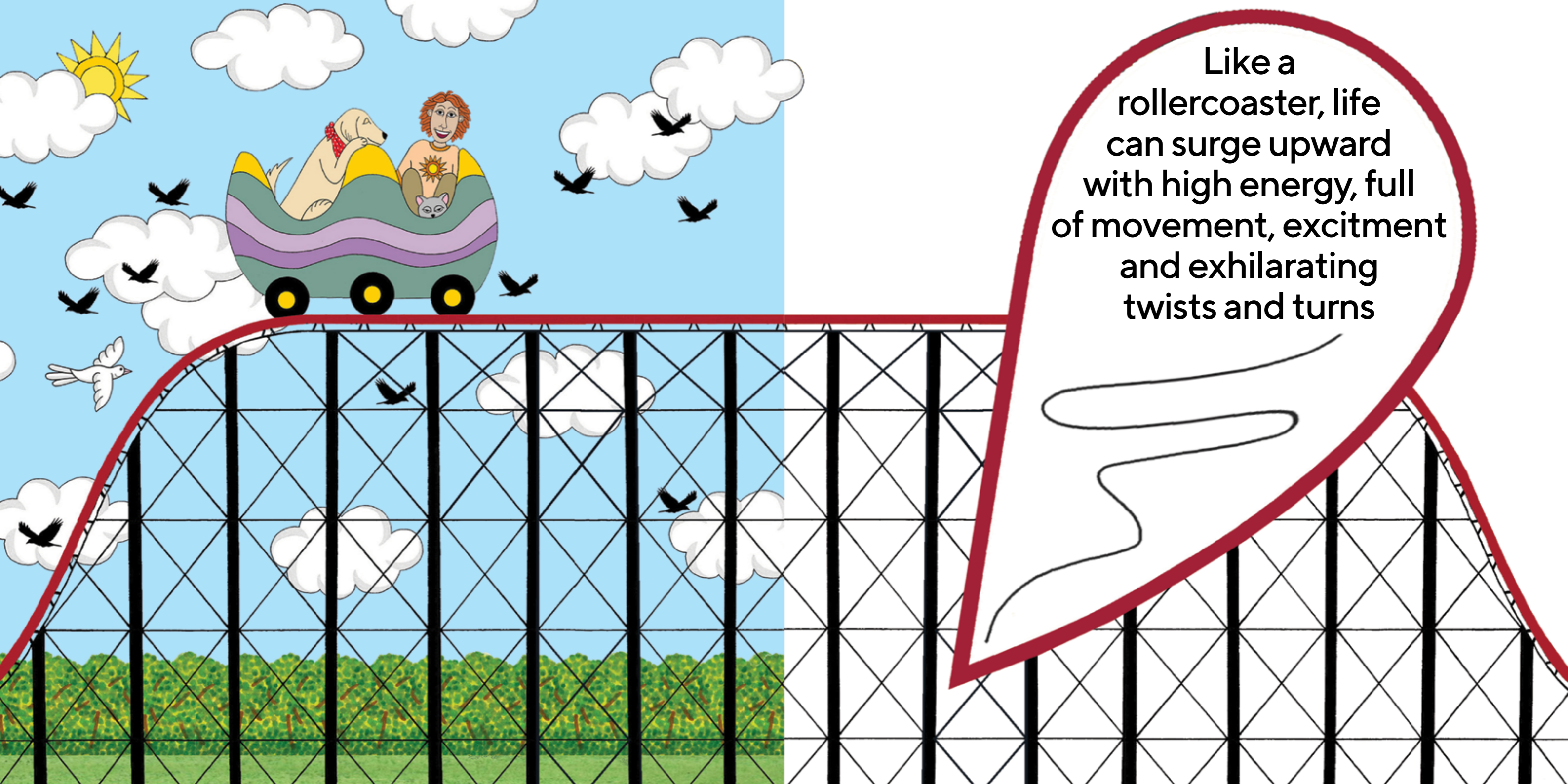
Michael and Helen

\*Specialists in the fields of brain neuroscience, positive psychology, rational-emotive, cognitive-behaviour therapy, peak performance, personal growth and flourishing. Their work provides many of the *AHA! Moments* in this book. They include Aaron Beck, Buddha, Andrew Bustamonte, Deepak Chopra, Susan David, Albert Ellis, Epictetus, Barbara Frederickson, Stephen Hayes, Arianna Huffington, Susan Jeffers, Katie Ledecy, Abraham Maslow, Reinhold Niebuhr, Martin Seligman, William Shakespeare, Melanie Shmois, Jim VandeHei (and we provide some too!).



Meet Sunny.  
Sunny is just like you and me.

Some days life is bathed  
in sunshine -  
things are going well and  
Sunny is happy and content.



Like a rollercoaster, life can surge upward with high energy, full of movement, excitement and exhilarating twists and turns



There are also days  
when Sunny's life is cloaked  
in shadows, full of shade.

**THINGS SEEM TO  
FALL APART.**



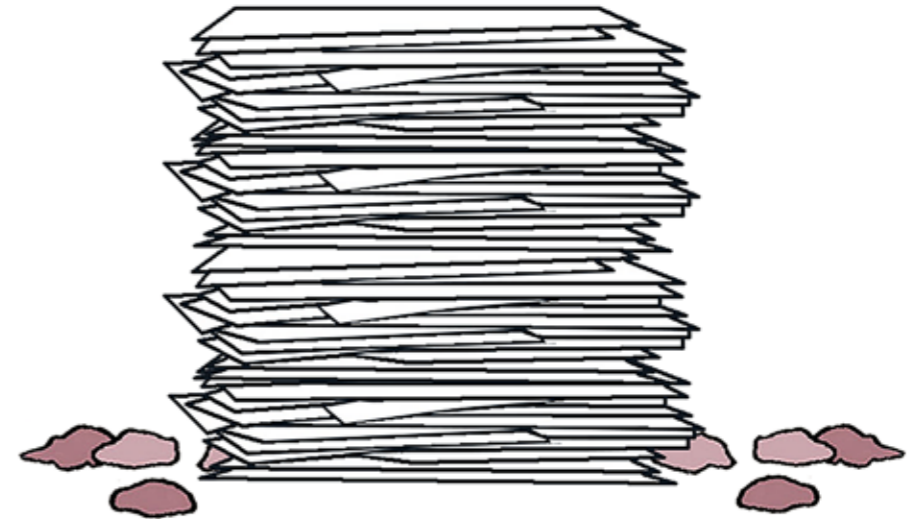
## **THE ROLLER COASTER CAN DROP -**

exhaustion, negativity  
and sadness taking hold.



You can be overloaded  
with not enough time  
as tasks pile up...

a familiar struggle with  
stress many of us know.  
Fatigue and anxiety  
are hard to avoid.





Some days  
I feel alone, not  
wanting to be around  
friends and family.

How can I find  
the push to  
get out there?



“This is all your fault”

“You are way too sensitive”

“I don't have to listen to you”

“I need to double-check everything you do”



Unfair treatment and disrespectful remarks can **TRIGGER** intense frustration and anger.



**There are moments when self-doubt and self-depreciation dominate.**

Everything seems negative, mistakes glaring, lifestyle and relationships are questioned.

