

Let the Good Times Go

We all experience peak moments of exhilaration in our lives, but hanging on to them too tightly can keep us from seeing the beauty each new moment brings.

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/EINPresswire.com/ -- In life, we are all lucky to experience pinnacle moments. It might be our wedding day or the birth of our first child. It might be the achievement of goal — like a graduation or promotion, or even a literal pinnacle moment where we reach the top of an actual mountaintop.

Such moments are a gift to savor. Yet if we are to keep from holding ourselves back from pleasures to follow, we are best off when we experience them and then let them go.

It seems counterintuitive. Don't we imagine that the best moments of our lives might sustain us in our more difficult times that follow? But the truth is that [happiness](#) in life is found not in peak moments, but in a succession of smaller pleasures. Happiness happens when we find the potential for joy with each new breath, each new observance.

How can you be [happy](#) in the moment?

- Be like a child. Young children don't bring expectation to each new moment; they just observe and take pleasure in each moment as it comes. We can cultivate that appreciation of the now by adopting this mindset.
- Welcome the new. Each new breath brings a new opportunity for joy. Savor what each new moment brings, because each is its own distinct pleasure.
- Let go of the past. The best moment of your life so far lives in the past. But there are other best moments to come, if we let them. Too much attention to where we've been can take our eyes off the prize of where we are now.

Each of life's pleasures is a delicious gift — and these gifts keep coming, moment by moment,



Photo by Artem Beliaikin from Pexels

forever. The past — even the pleasurable past — is a heavy load that we carry in our two arms. When we let those moments go, we stand ready to receive the good things that are coming our way.

If you would like to learn more, the latest episode of the [Happiness Podcast](#), hosted and created by Dr. Robert Puff, is now available. It is titled, "#285 Happiness – Let the Good Times Go" and can be listened to at:

<https://www.happinesspodcast.org/285-happiness-let-the-good-times-go/>

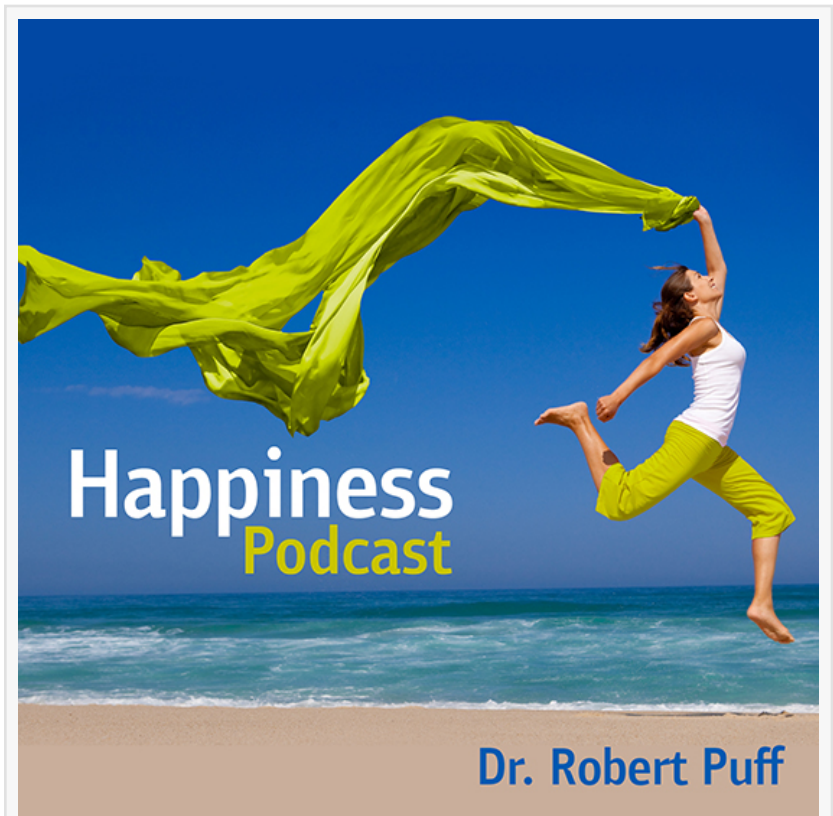
Links to listen to the Happiness Podcast:

<http://smarturl.it/HappinessPodcast>

About the Happiness Podcast hosted by Dr. Robert Puff:

Do you ever wonder what it takes to lead a peaceful, happy life? Are you curious about the specific steps involved in a self-actualized, limitless life? Are you struggling with anxiety or depression? Or are you just plain tired and want some help? We explore all these concerns and more every week on the Happiness Podcast, which has been downloaded over 8 million times since its inception. Happiness does not happen by chance, but because we take specific actions in our lives to create it. Dr. Robert Puff, Ph.D., author of 13 books, TV show host, Psychology

Today blogger, and corporate trainer, has been studying the actions it takes to reach the highest levels of human achievement for decades, and he wants to share what he knows with you. Come



Happiness Podcast



Dr. Robert Puff, Ph.D.

and explore, along with millions of others from the Happiness Podcast, Dr. Puff books and Psychology Today blog, private clients and corporate workshop attendees, the specific steps to take so that you can soar in your life.

Dr. Robert Puff, Ph.D.

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