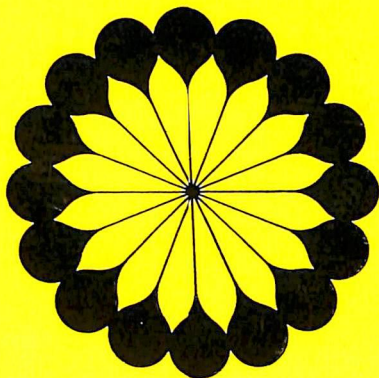


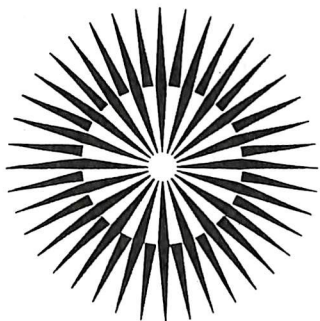
74

DON'T WORRY BE HAPPY!



Mia Margaret Glattauer
B.A., M.Ed., N.D.

DON'T WORRY...
BE HAPPY!



Mia Margaret Glattauer
B.A., M.Ed., N.D.

A-02453.

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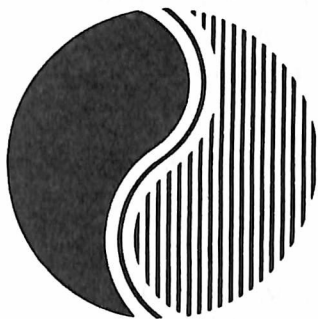
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*DON'T WORRY...
BE HAPPY!*

A BOOK OF CHANGES



*Transforming Feelings
Into
Positive Possibilities*

ACKNOWLEDGMENTS

Special thanks to Hajime Ouchi for the Japanese art motifs from the JAPANESE OPTICAL AND GEOMETRICAL ART BOOK by Dover Publications.

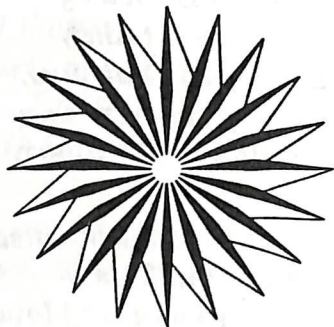
Thank You to Oman Ken for all of his love, support, and inspiration.

Thank You, Meher Baba, for the special phrase, "Don't Worry, Be Happy."

DON'T WORRY . . . BE HAPPY !

***was inspired by
my dear father,
Dr. Alfred Glattauer,
and my super mother,
Judithann Glattauer.***

***This book is also dedicated to
all of my friends -
to those I know and love;
and to those I have yet to meet.***



Every moment we decide to embrace either positive or negative thoughts. We have the ability to experience and view our universe any way we wish.

We can change our negative feelings and attitudes by choosing thoughts that support and empower us. There is a voice within each of us that is always saying "Yes!" to life.

This book is a road map for us to more easily find our way to those states of happiness, peace and harmony.

DON'T WORRY . . . BE HAPPY !

Don't Worry . . .

If You Have

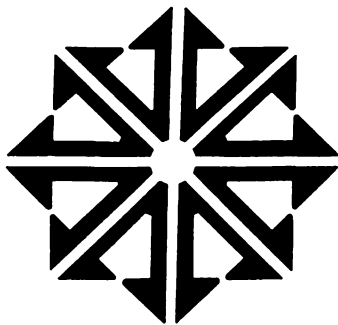
A PROBLEM



BE HAPPY !

Call It

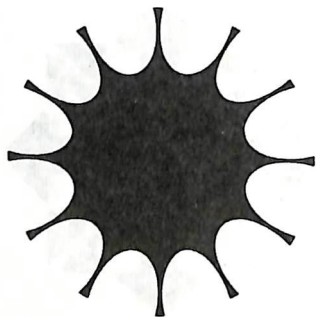
*THE BEGINNING OF
A SOLUTION*



Don't Worry . . .

If You Make A

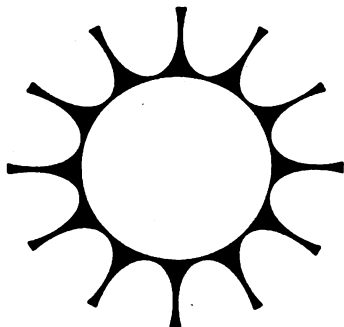
MISTAKE



BE HAPPY !

Call It

A LESSON



Don't Worry . . .

If You Feel

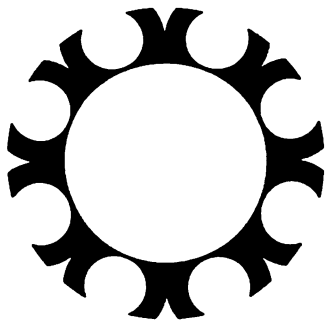
PAIN



BE HAPPY !

Call It

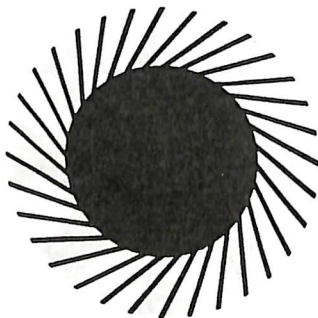
A SIGNAL FOR BALANCE



Don't Worry . . .

If You Feel Like You've

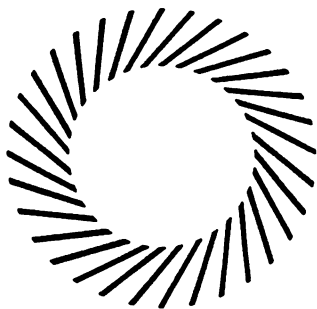
FAILED



BE HAPPY!

Call It

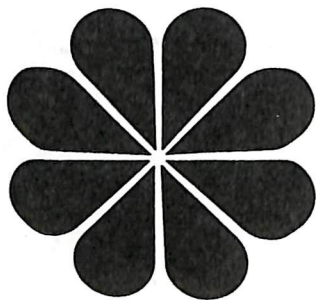
*AN IMPORTANT LESSON
TOWARDS SUCCESS*



Don't Worry . . .

If You Feel

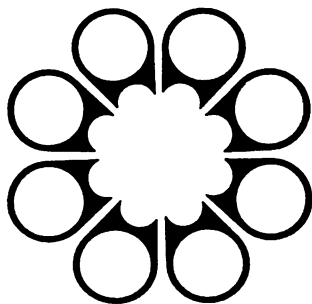
DOUBT



BE HAPPY !

Call It

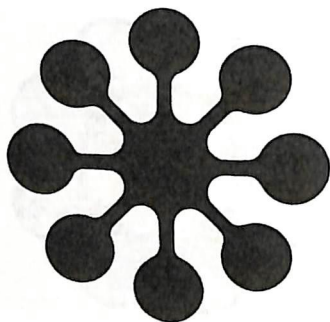
WONDER



Don't Worry . . .

If You Feel

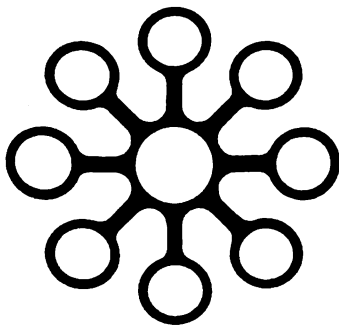
DANGER



BE HAPPY !

Call It

A SAFETY SIGNAL



Don't Worry . . .

If You're Having An

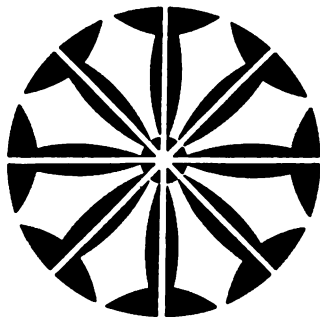
ARGUMENT



BE HAPPY !

Call It

*AN OVERLY EXCITED
DISCUSSION*



Don't Worry . . .

If You Feel

NERVOUS



BE HAPPY !

Call It

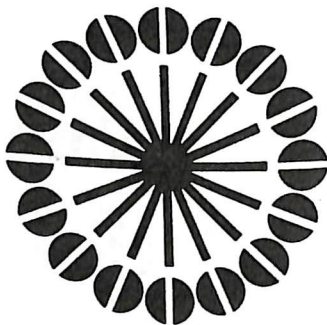
EXCITEMENT



Don't Worry . . .

If You Feel

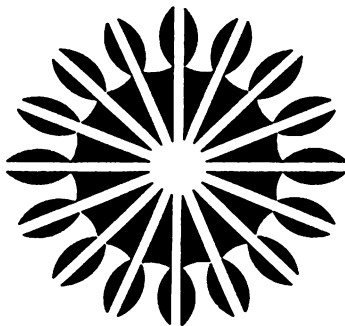
ANGRY



BE HAPPY !

Call It

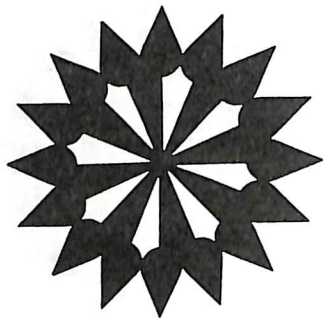
CREATIVE TENSION



Don't Worry . . .

If It Feels Like

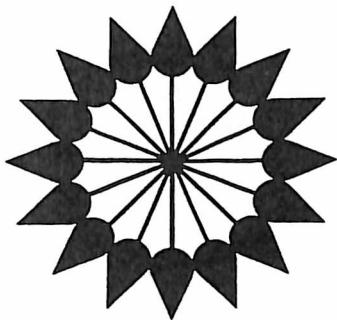
CONFLICT



BE HAPPY !

Call It

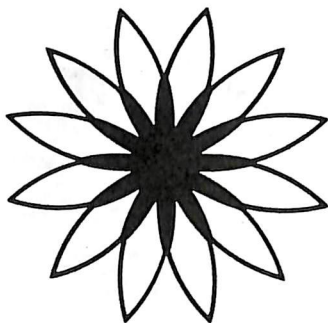
*AN OPPORTUNITY FOR
DISCOVERY*



Don't Worry . . .

If You Feel

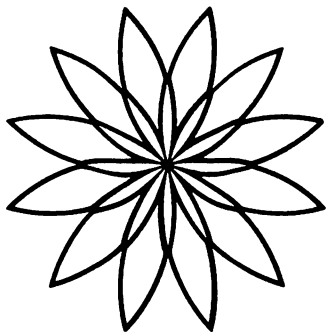
LONELY



BE HAPPY !

Call It

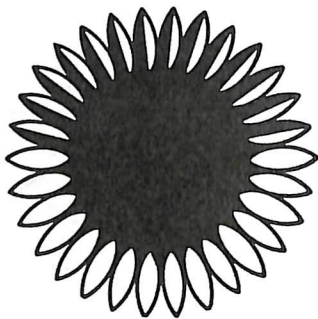
**A CHANCE TO
BE WITH YOURSELF**



Don't Worry . . .

If You Feel

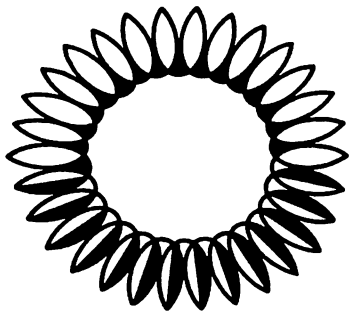
BORED



BE HAPPY !

Call It

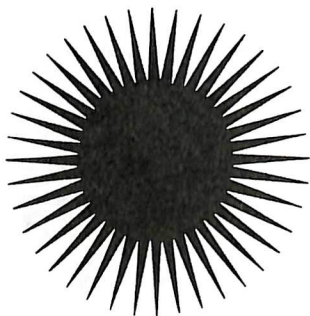
***A TIME FOR GRATITUDE
& APPRECIATION***



Don't Worry . . .

If You're Feeling

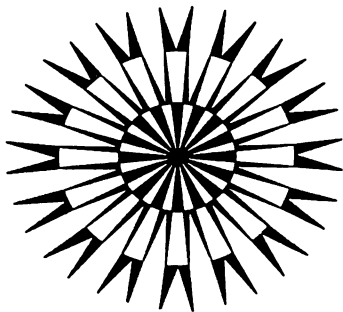
AFRAID



BE HAPPY !

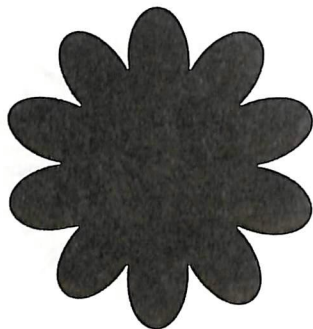
Call It

*EXCITEMENT
OF THE UNKNOWN*



Don't Worry . . .
If You Feel You've Been Given

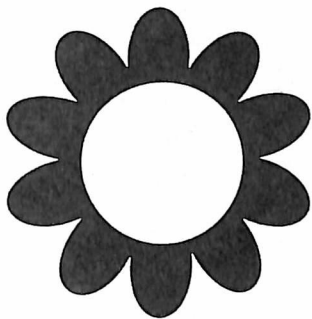
LEMONS



BE HAPPY !

Call It

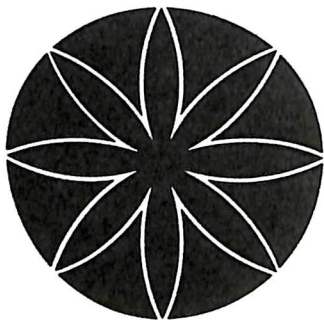
*THE BASIC INGREDIENT
FOR LEMONADE*



Don't Worry . . .

If You Feel

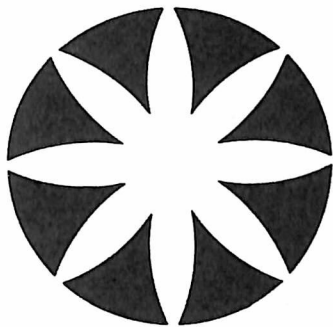
ANXIOUS



BE HAPPY !

Call It

ANTICIPATION



Don't Worry . . .

If You're Having

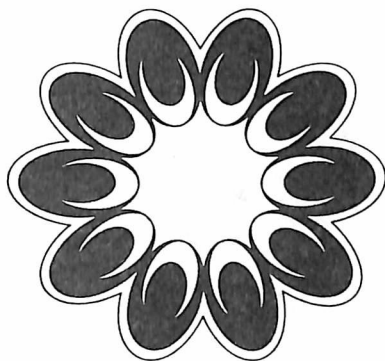
A FIGHT



BE HAPPY !

Call It

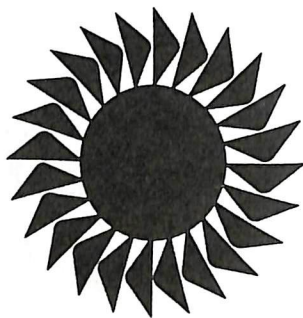
A DRAMATIC DANCE



Don't Worry . . .

If Someone Is

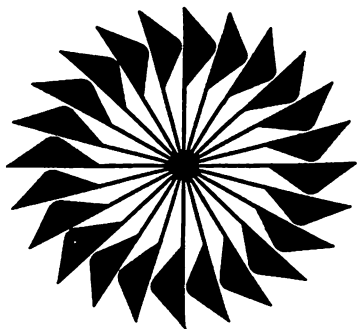
YELLING



BE HAPPY !

Call It

*A REQUEST FOR LOVE AND
ATTENTION*



Don't Worry . . .

If You're Feeling

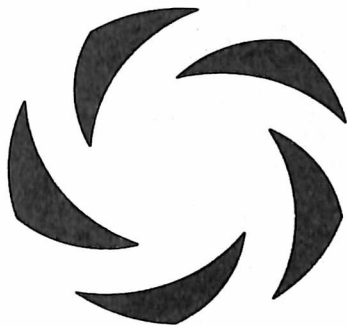
REJECTED



BE HAPPY !

Call It

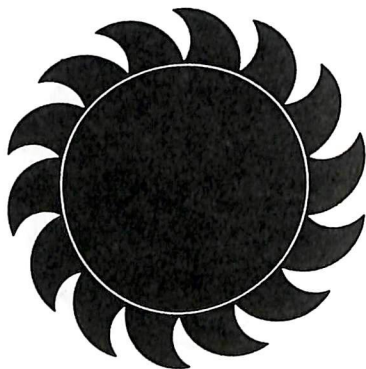
*A SIGNAL TO
REDIRECT YOUR ENERGY*



Don't Worry . . .

If You Are

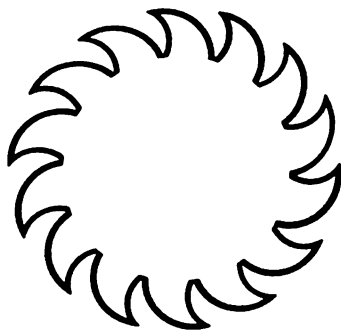
LATE



BE HAPPY !

Call It

COSMIC TIMING



Don't Worry . . .

If You Feel

DEPRESSED



BE HAPPY!

Call It

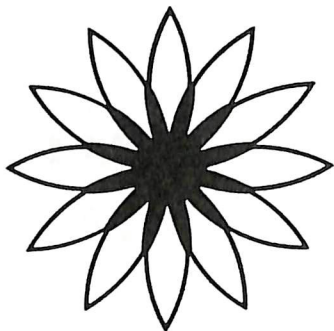
IT'S ONLY UP FROM HERE



Don't Worry . . .

If You Feel

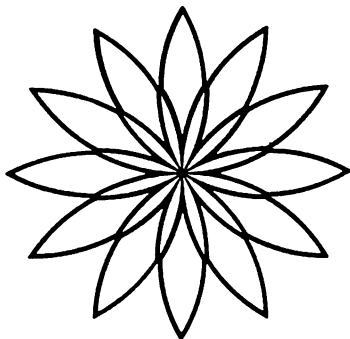
JEALOUS



BE HAPPY !

Call It

*A DESIRE TO FEEL
INCLUDED*



Don't Worry . . .

If You Feel

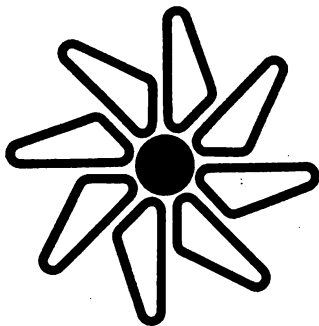
GUILTY



BE HAPPY!

Call It

*AN OPPORTUNITY TO
BE IN THE PRESENT*



Don't Worry . . .

If You Experience A

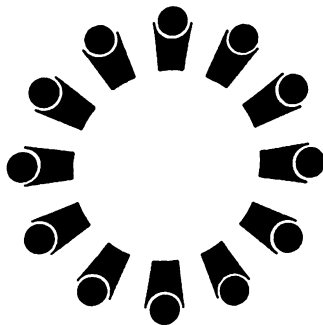
DEATH



BE HAPPY !

Call It

A TRANSITION OF LIFE



Don't Worry

If You Feel

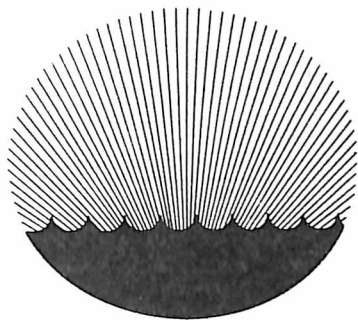
SICK



BE HAPPY!

Call It

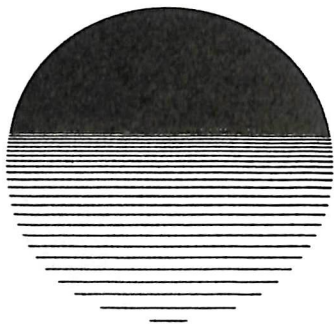
HEALING DIS-EASE



Don't Worry . . .

If You Feel

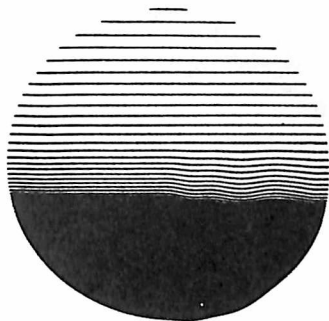
LIKE YOU CAN'T SLEEP



BE HAPPY!

Call It

**A TIME TO COUNT
YOUR BLESSINGS**



Don't Worry . . .

If There's A

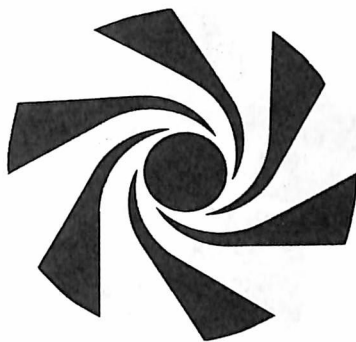
STRUGGLE



BE HAPPY !

Call It

*AN OPPORTUNITY TO
USE YOUR STRENGTH*



Don't Worry . . .

If It Feels Like

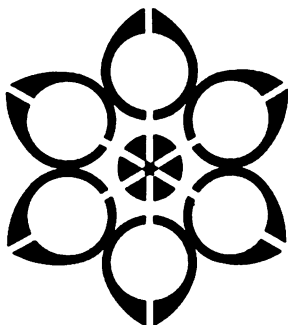
**YOU ARE NOT DOING
GREAT THINGS**



BE HAPPY !

Call It

*AN OPPORTUNITY
TO DO SMALL THINGS
WITH GREAT LOVE*



Don't Worry . . .

If You Feel

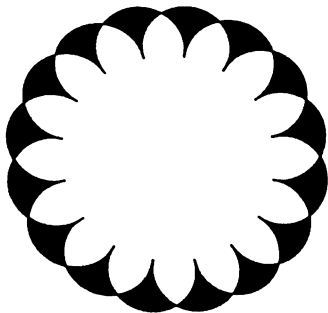
UNLOVED



BE HAPPY !

Call It

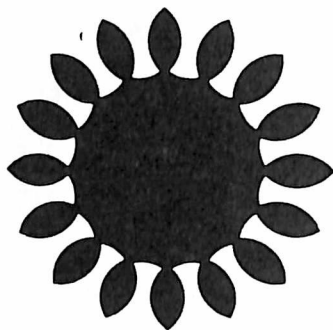
***A TIME TO BE IN LOVE
WITH ALL OF LIFE***



Don't Worry . . .

If You Feel A

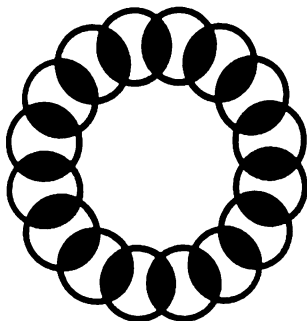
LACK



BE HAPPY !

Call It

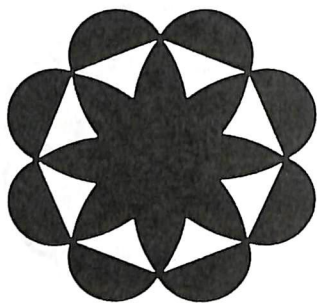
*A TIME TO RECEIVE
UNIVERSAL SUPPORT*



Don't Worry . . .

If You Feel Like

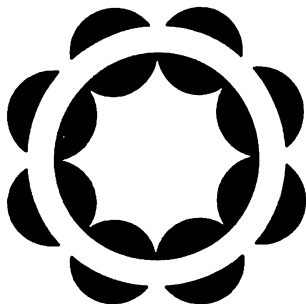
CRYING



BE HAPPY !

Call It

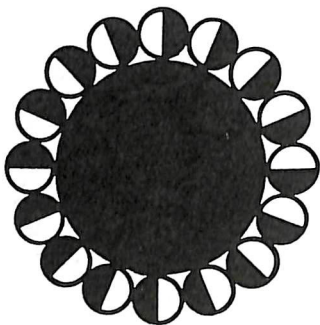
*AN EXPRESSION OF
YOUR HEART OPENING*



Don't Worry. . .

If You Feel

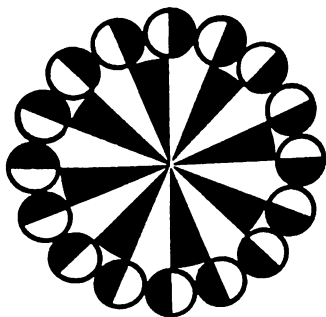
UGLY



BE HAPPY !

Call It

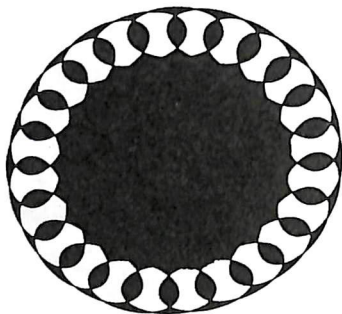
UNIQUE AND SPECIAL



Don't Worry . . .

If You Feel

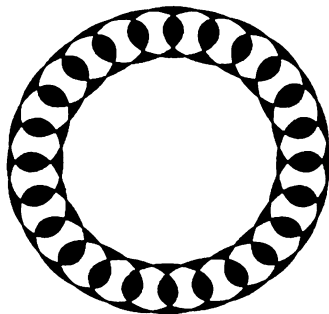
EMBARRASSED



BE HAPPY !

Call It

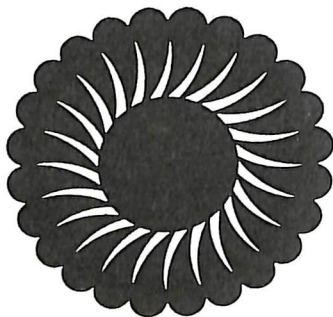
**THE CENTER
OF ATTENTION**



Don't Worry . . .

If You Feel

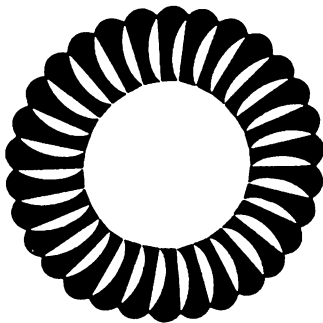
SOMEONE HATES YOU



BE HAPPY!

Call It

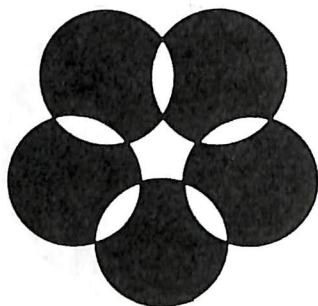
*ASKING FOR LOVE
IN A WIERD WAY*



Don't Worry . . .

If You Feel

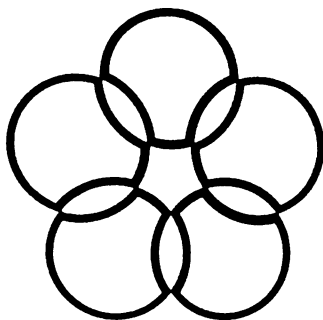
EXHAUSTED



BE HAPPY !

Call It

***A CHANCE TO
REST AND RECHARGE***



Don't Worry . . .

If You Feel

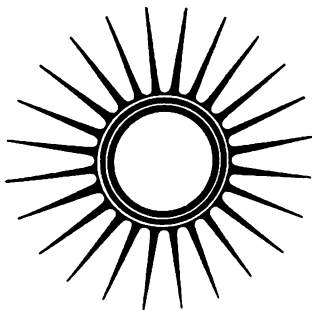
SORRY FOR SOMEONE



BE HAPPY !

Call It

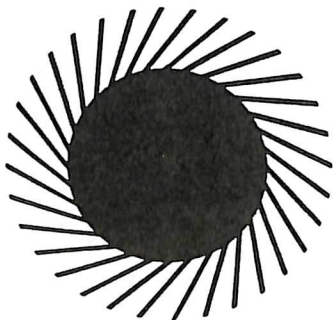
**COMPASSION &
A TIME TO SEND LOVE,
LIGHT AND BLESSINGS**



Don't Worry . . .

If You Feel

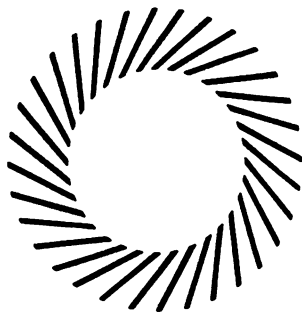
COLD



BE HAPPY !

Call It

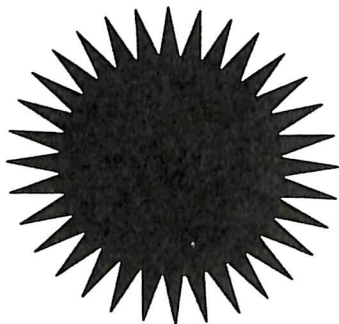
INVIGORATING



Don't Worry . . .

If You Feel

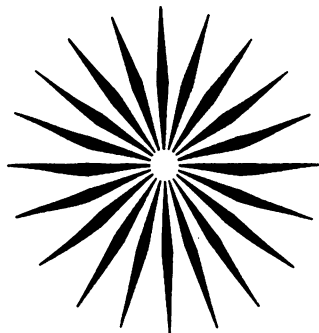
SEPARATE



BE HAPPY!

Call It

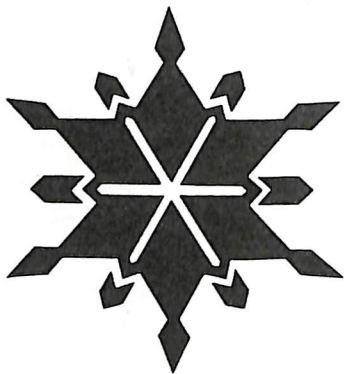
**A TIME TO IMAGINE
OUR CONNECTION
IN THE BIG PICTURE**



Don't Worry . . .

If You Feel

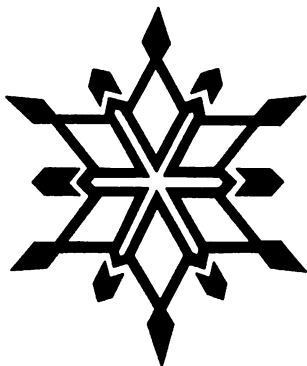
OVERWHELMED



BE HAPPY !

Call It

ULTRA FULL

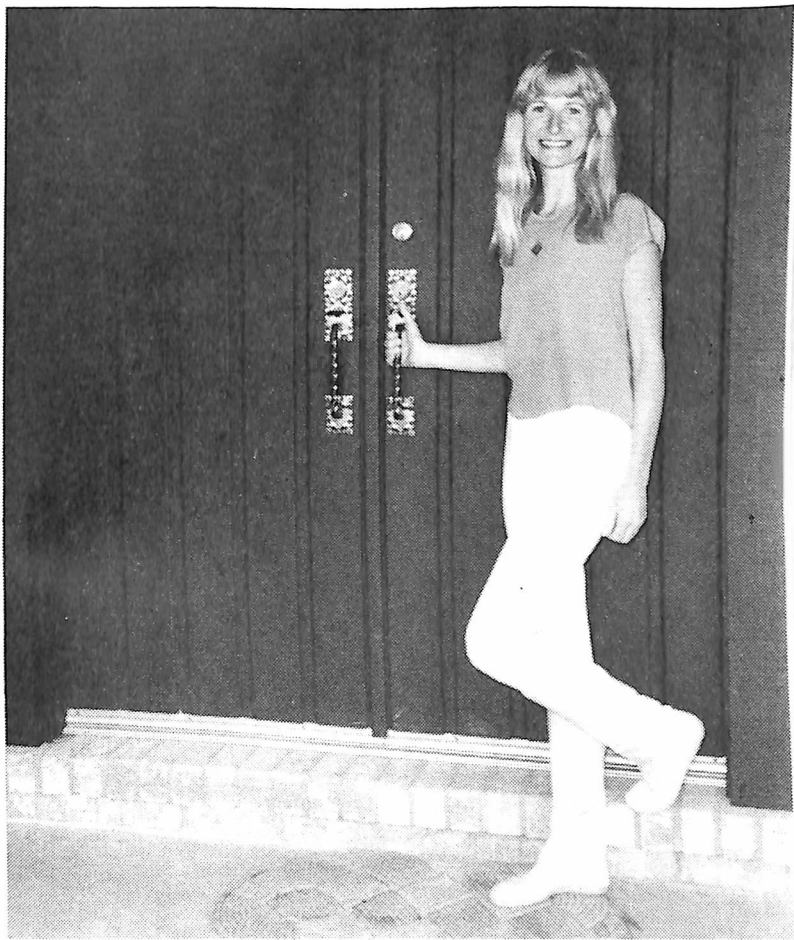


ABOUT THE AUTHOR

Mia Margaret Glattauer is an artist, photographer and videographer living in Sedona, Arizona.

Mia Margaret received her Bachelor of Arts degree in Sociology from the University of Florida; her Master's degree in Education from Xavier University in Ohio; and her Naturopathic Doctor's degree from the Anglo American Association in Scotland.

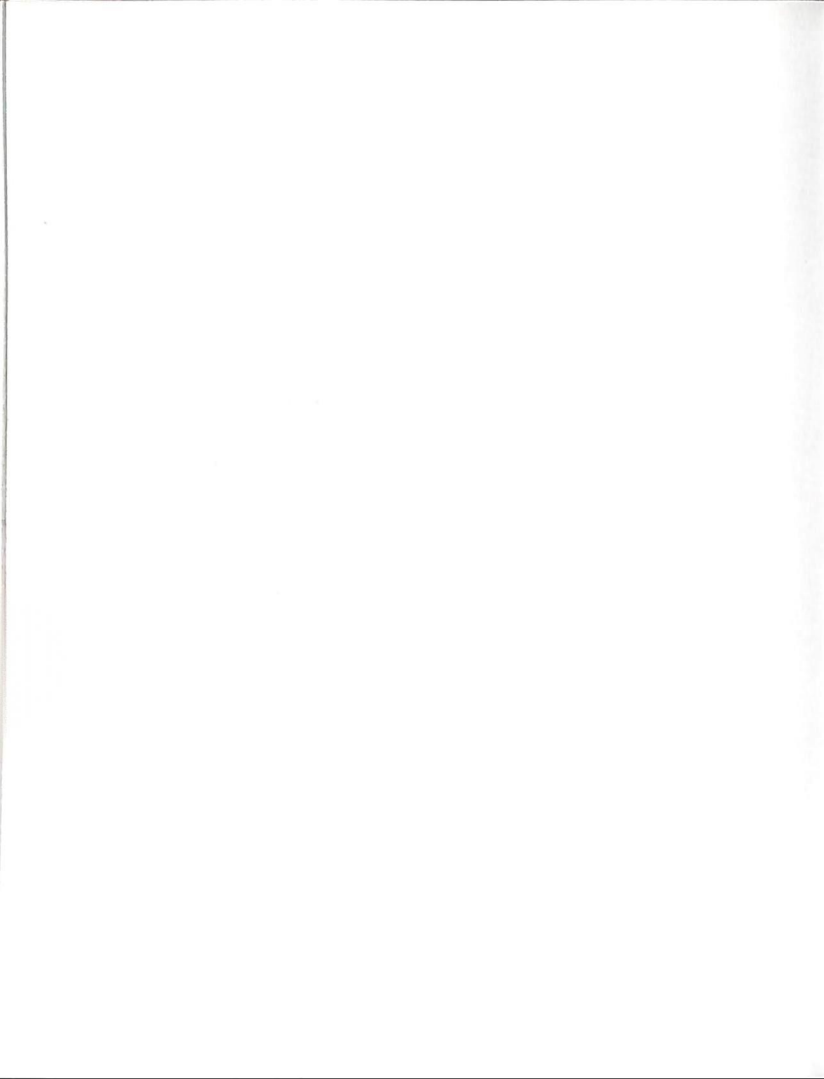
Mia Margaret is co-director, with Oman Ken, of Vision International, an audio-visual music production company.





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Realizations

Realizations

DON'T WORRY . . . BE HAPPY

*is a unique and inspiring book
about how to transform
your feelings
into
positive possibilities*