



Review - 9 Days to Feel Fantastic

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Author: John Whiteman (creator of *The Way*)

As a born sceptic, as soon as I see anything that promises to change my life, my financial position or my well-being, I reach for a large quantity of salt. We are currently awash with this stuff which is probably why the human race seems to be in a permanent state of flux.

John Whiteman, creator of *The Way*, was new to me and certainly his 'Way' was a complete mystery. Maybe I was feeling melancholy at the time, or the idea of creating internal happiness made me look at his current offering, *9 Days to Feel Fantastic – How to create happiness from the inside out*, (published by Hay House) in more detail. What a pleasant surprise.

I was not required to hum mindless incantations, distort my body into unnatural shapes or go around muttering to myself 'I'm a happy little soul and everyone loves me' - the latter an obvious negative in view of my psychological state. Whiteman's book is, in my view, simplicity itself when it comes to following a routine. Beginning with the obligatory introduction and a reminder that our minds are capable of much greater things – particularly feeling sorry for ourselves – the author introduces the nine elements of *The Way*.

The objective of this program is to create happiness by ensuring you have both balance and momentum in your life, which I imagine most of us haven't. As Whiteman says: "Balance focuses you in 'being', Momentum focuses you in 'doing'". Day one begins with 'Exercise' – no equipment, no need to book a course at the local gym, just plain old fashioned getting the muscles, joints and other bits working again with a 20-30 minute workout. At the end of the chapter you're asked to note any positive changes – assuming you are still breathing by then.

This daily routine continues across all 9 Elements. Each chapter introduces a new 'Element', plus a reminder to continue doing the first one and so on. By Day 9 you are doing the lot each day. But, and this is the important part, it's not all physical routines, after all the mind has to be involved somewhere - the plan also covers nutrition, achievement and social connections as well as other important aspects of daily life. My favourite section was Day 3 – Sleep. Now that's what I call exercising! I have to confess to failing to complete all nine days consecutively, but this is a routine that takes very little to simply begin again if you find you've lost track.

If *The Way* and John Whiteman are new to you, I'd recommend this book as a great starting place. Whether you feel happier at the end is up to you. I think just getting through the days, finding the elements aren't really that difficult and the sense of achievement it brings is happiness enough. By the way, there's a handy checklist at the back of the book and a useful '9 Elements Prescription' section, neatly outlining symptoms, causes and solutions within the context of the daily sections.

Investigate these 9 Elements and, if you do nothing else or achieve nothing more, it will remind you that we are capable of happiness, even if it's just deciding that you'd like to be happier. As the title indicates it's change from the inside out that counts. ENDS