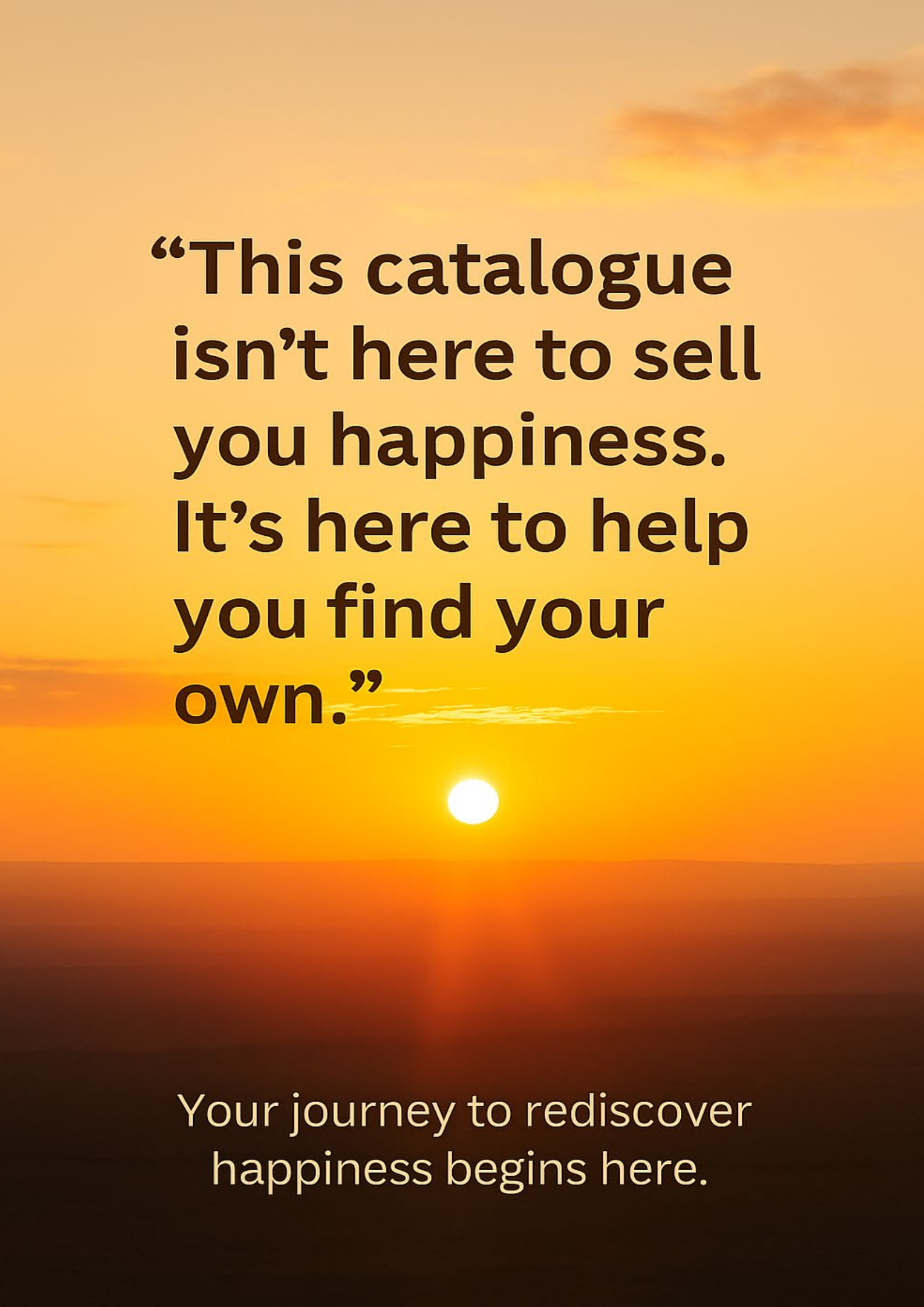


# Welcome to Your Happiness Toolkit

A Catalogue of Global Happiness Crusade Resources to Support Your Journey



**GLOBAL  
HAPPINESS  
CRUSADE**



**“This catalogue  
isn’t here to sell  
you happiness.  
It’s here to help  
you find your  
own.”**

Your journey to rediscover  
happiness begins here.



# WELCOME TO YOUR HAPPINESS TOOLKIT



## Let's Not Pretend Everything's Fine ...

Sometimes life feels heavy. We wear smiles that don't quite reach the eyes. We tell ourselves, "It's just a phase," while quietly wondering if joy is a thing of the past.

I created the Global Happiness Crusade for people who've known burnout, disappointment, anxiety, or just plain *blah*.

This catalogue isn't here to sell you happiness.  
It's here to *help you find your own*.



A blue ink signature of Steve Bennett, written in a cursive, flowing style.

**Founder**  
Global Happiness Crusade  
**Creator**  
Maximum Happiness & Wellbeing  
**Author**  
Make the rest of your life  
the best of your life

## WHAT IF YOU COULD BE HAPPIER THAN YOU'VE EVER BEEN — STARTING TODAY?

Hi, I'm Steve.

**The Global Happiness Crusade** is a movement dedicated to helping people rediscover purpose, emotional wellbeing, and inner peace through practical tools, science-backed strategies, and uplifting inspiration.

Whether you're just beginning your journey or searching for your next step, this guide is your invitation to reclaim your happiness — one thoughtful resource at a time.

If you've ever felt flat, stuck, or anxious for reasons you can't quite name, you're not broken. You're human. I've been there, and I created the Global Happiness Crusade as a way to gather together the tools, stories, and strategies that helped me turn things around.

This isn't a shop. It's a sanctuary. This catalogue isn't here to sell you happiness. It's here to help you find your own.

I'm not here to pitch products. I'm here to share solutions.

In the following pages, you'll find guides, courses, and tools designed to support real emotional transformation. Not hype. Not hollow promises. Just practical help for real life.

Explore tools for joy, clarity, and calm in a world that often feels noisy, heavy, and overwhelming. So take your time. Explore what speaks to you. This catalogue was made for you.



This guide is a Global Happiness Crusade resource.  
Feel free to share it widely with credit.

## When Life Feels Heavy...

### LET'S NOT PRETEND EVERYTHING'S FINE.

You're doing your best. You're showing up. But something still feels off.

Maybe you've achieved a lot, but the joy hasn't followed. Maybe anxiety is stealing your mornings. Maybe you're wondering when your spark faded—and how to get it back.

This is where the journey begins.

Each resource in this catalogue isn't just a title—it's a stepping stone. A reflection. A reset.

We've designed this collection not to impress, but to *help*. To meet you where you are and offer what you might need next:

- A new mindset
- A calming tool
- A motivating quote or dose of inspiration
- A course that actually changes something inside

Let's explore. The next page isn't about what we sell. It's about what you're ready to heal.

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Feel free to share it widely with credit.

## "I just feel flat. What happened to my spark?"

### **Try: Rediscover Happiness**

*You didn't lose your spark. You just buried it under everything life told you to be.*

**Rediscover Happiness** isn't a product. It's a mirror, a flashlight, and a map. This guide gently walks you back to your values, your truth, your joy — the version of you that existed before the world piled on the shoulds.

If you're feeling:

- Disconnected from purpose
- Numb, even when things are "going well"
- Like you're drifting instead of deciding

This is your call to remember who you are.

Inside you'll explore:

- Why your beliefs and perceptions shape your mood
- How to reconnect with your authentic values
- Exercises to realign your inner compass

"I didn't realise how far I'd drifted from my core self until I did this. It changed everything." — Early Reader

 *This is more than rediscovery. It's a quiet revolution.*

 **Free Flipbook/PDF Link:**

<https://bit.ly/RediscoverHappiness>



This guide is a Global Happiness Crusade resource.  
Feel free to share it widely with credit.



# Rediscover Happiness

A Journey Back to Joy –  
Powered by Your Own Mind



By Steve Bennett

## Try: **Beyond Anxiety**

*Anxiety doesn't mean you're broken. It means your brain is trying to protect you — even when it's hurting you.*

**Beyond Anxiety** is a compassionate guide rooted in neuroscience, creativity, and resilience. It helps you gently rewire the patterns that keep you stuck in fear and worry.

This isn't about fixing you. It's about **freeing you**.

If you're feeling:


- Caught in spirals of overthinking
- Tired but wired
- Like your mind is your own worst enemy

This guide gives you the tools to calm your inner storm.

Inside you'll discover:

- How anxiety forms in the brain — and how to disarm it
- The creative antidotes that rechannel energy into healing
- 12 practical techniques drawn from neuroscience, positive psychology, and lived experience

“I didn't want another theory. I needed a toolkit. This is it.” —  
Reader

 *Your mind is powerful. It's time to help it help you.*

 **Free Flipbook / PDF Link:** <https://bit.ly/BeyondAnxietyGuide>



This guide is a Global Happiness Crusade resource.  
Feel free to share it widely with credit.



# BEYOND ANXIETY

HOW CREATIVITY AND  
RESILIENCE CAN SET YOU  
FREE



GLOBAL  
HAPPINESS  
CRUSADE



*You've achieved so much. Why doesn't it feel the way you thought it would?*

**The Maximum Happiness & Wellbeing Course** is a 20-session transformational journey through the inner terrain of lasting joy, self-mastery, and psychological clarity.

This course is grounded in decades of research — but made human by lived experience.

If you're feeling:


- Like you've ticked all the boxes but still feel empty
- Driven on the outside, disconnected on the inside
- Unsure how to translate success into genuine fulfilment

This isn't about toxic positivity or performance hacks. It's about **learning how happiness actually works — and how to make it yours.**

Inside you'll access:

- 20 Illustrated eBooks (1 per session)
- 20 Video Lessons + MP3 Audio
- Printable Tools, Exercises, and Reflective Guides
- A full Happiness Quotient Scorecard to measure your growth

*"I thought I was too old to change. This course proved me wrong."*  
— Course Participant

 *Happiness isn't a destination. It's a set of daily practices — and this course gives you the roadmap.*



This guide is a Global Happiness Crusade resource.  
Feel free to share it widely with credit.





 [Explore the Course Summary – Click the link below]

<https://bit.ly/MaximumHappinessandWellbeing>

 ***“You’ve achieved success... but do you feel fulfilled?”***

***This 20-session journey is your blueprint to sustainable happiness, from self-awareness to self-mastery.***

### **What’s Inside the Course:**

-  20 Illustrated eBooks
-  20 Companion Video Sessions
-  Exercises, Tools & Worksheets
-  The Happiness Quotient Scorecard

### **Course Structure:**

#### ◆ **Part 1 — How Did I Get Here?**

*Sessions 1–10 help you understand your past and emotional patterns.*

#### ◆ **Part 2 — The Powers Within**

*Sessions 11–20 help you unlock the inner strengths that drive transformation.*

***“I thought I was too old to change. This course proved me wrong.” – Participant***

 Find out more click the ***Flipbook or downloadable PDF link***









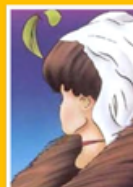

<https://bit.ly/MaximumHappinessCourseSummary>



# THE MAXIMUM HAPPINESS & WELLBEING COURSE

## Part 1 — How Did I Get Here?

Sessions 1–10 help you understand your past and emotional patterns.

<p>1. WHAT IS HAPPINESS?</p>  <p>MAXIMUM HAPPINESS &amp; WELLNESS COURSE</p>	<p>2. STEPS TO HAPPINESS</p>  <p>MAXIMUM HAPPINESS &amp; WELLNESS COURSE</p>	<p>3. THE REAL YOU</p>  <p>MAXIMUM HAPPINESS &amp; WELLNESS COURSE</p>	<p>4. HUMAN NEEDS</p>  <p>MAXIMUM HAPPINESS &amp; WELLNESS COURSE</p>	<p>5. HOW DID I GET HERE?</p>  <p>MAXIMUM HAPPINESS &amp; WELLNESS COURSE</p>
<p>6. YOUR BELIEF SYSTEMS</p>  <p>MAXIMUM HAPPINESS &amp; WELLNESS COURSE</p>	<p>7. YOUR CORE VALUES</p>  <p>MAXIMUM HAPPINESS &amp; WELLNESS COURSE</p>	<p>8. KNOW THYSELF</p>  <p>MAXIMUM HAPPINESS &amp; WELLNESS COURSE</p>	<p>9. PERCEPTION</p>  <p>MAXIMUM HAPPINESS &amp; WELLNESS COURSE</p>	<p>10. FEELINGS &amp; EMOTIONS</p>  <p>MAXIMUM HAPPINESS &amp; WELLNESS COURSE</p>

**HOW DID I GET HERE?** Delves into the journey shaping our present selves. Today, you are the sum of your thoughts, the decisions and actions resulting from those thoughts, and the outcomes you have experienced, both positive and negative, joyous and sorrowful. Whether you are content or overjoyed with where you are now, you are likely pursuing even greater happiness and fulfilment as you read this.



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HAPPINESS  
CRUSADE**

# THE MAXIMUM HAPPINESS & WELLBEING COURSE

## Part 2 — The Powers Within

Sessions 11–20 help you unlock the inner strengths that drive transformation.



**THE POWERS WITHIN** unveil the powers within your reach that can help you bridge the gap between your current state and your ideal life. In these sessions, we will piece everything together, reflecting on how you arrived at your present situation and assisting you in identifying and filling the gaps that exist. This will bring you closer to your ideal fulfilment, well-being, and happiness.



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CRUSADE**

***Sometimes one line can shift your whole day.***

**The Joy of Quotes** isn't just a collection of wise words. It's a journey through 10 powerful themes — like resilience, courage, connection, creativity, and growth — with each quote selected to inspire reflection, focus, or a smile.

If you're feeling:

- Uninspired or emotionally flat
- In need of small doses of wisdom and wonder
- Eager to reconnect with uplifting voices from history and modern times

This is a companion you'll turn to often.

Inside you'll discover:

- 150 quotes per volume across 10 themed sections
- Guided narrative passages that link the quotes into a story
- A format that supports meditation, journaling, or just pausing to think

“These aren't just quotes. They're sparks. Some days, they lit the fire I needed to keep going.” — Reader

 *Good words at the right moment aren't luxury — they're fuel.*

 **Free Flipbook/PDF link to Volume 1:**

<https://bit.ly/JoyofQuotesVolume1>



This guide is a Global Happiness Crusade resource.  
Feel free to share it widely with credit.





**GLOBAL  
HAPPINESS  
CRUSADE**

**Inspirational  
Quotes to Live By**

*The Joy of Quotes*

**Volume 1**

**Compiled by  
Steve Bennett**



*You can't change what you can't see. Awareness is the first step toward transformation.*

## **Diamonds & Pearls**

💎 *Short quotes that hit the heart. Pearls of wisdom that stay with you forever.*

**Diamonds & Pearls** is a unique and evolving series that brings together decades of Steve's personal reflections, life lessons, and curated insights — drawn from thousands of hours spent studying what truly lifts the human spirit.

**Diamonds** are single-line quotes — sharp, bright, and memorable.

**Pearls** are longer reflections — personal, soulful, and quietly transformative.

If you're someone who:

- Loves bite-sized wisdom you can carry in your pocket
- Appreciates deep reflection without fluff
- Wants a fresh spark of insight each day

...then Diamonds & Pearls was made for you.

🧠 Available as:

- Printable PDFs
- Email series & daily drops
- Themed collections (Courage, Resilience, Love, Legacy & more)



This guide is a Global Happiness Crusade resource.  
Feel free to share it widely with credit.

***“Some days all I needed was one line. Other days I needed a page. This gave me both.” — Early Reader***

 *View the current volumes or subscribe to future editions*

<https://tinyurl.com/Diamonds-and-Pearls-PDF>



This guide is a Global Happiness Crusade resource.  
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# DIAMONDS & PEARLS



**When you need a dose of  
perspective and light...**

Explore this uplifting collection of quotes (“diamonds”) and life lessons (“pearls”).

Each volume serves a quick escape lane – a way to pause, reflect, and find a glimmer of hope on even the toughest days.

**Try this:** Keep volumes on your phone or printed by your bed, Read short snippets to steady your mind and spirit before the sun rises (or while you’re waiting for it to return).



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CRUSADE**

The **Happiness Quotient Scorecard** is a self-reflective tool designed to help you measure your emotional wellbeing across 20 core areas of life.

If you're feeling:


- Unclear about what's off or missing
- Unsure where to focus your energy
- Curious about how your inner life aligns with your outer reality

This simple but powerful tool offers clarity.

Inside you'll get:

- A 1000-point scorecard across 20 categories
- Word and Excel versions for interactive use
- Guidance on interpreting your score and identifying growth areas

"I found blind spots I didn't even know I had. This scorecard opened my eyes." — User

 *Happiness isn't random — it's measurable. And what you measure, you can improve.*

 **Take the Scorecard Free Flipbook/PDF link:**  
<https://bit.ly/3FyeTHw>



# Happiness Quotient Scorecard



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HAPPINESS  
CRUSADE**



**Make the Rest of Your Life the Best of Your Life** is both memoir and guide — a deeply personal invitation to reflect on your journey, rediscover your purpose, and reawaken the fire in your soul.

If you're feeling:


- That time is moving fast and meaning is slipping through the cracks
- Unsure how to make the next chapter count
- Ready to align your energy with legacy, not just activity

This book isn't a manual. It's a companion for your next becoming.

Inside you'll explore:

- The emotional and practical milestones of transformation
- Stories that remind you it's never too late
- Prompts and reflections to clarify your calling

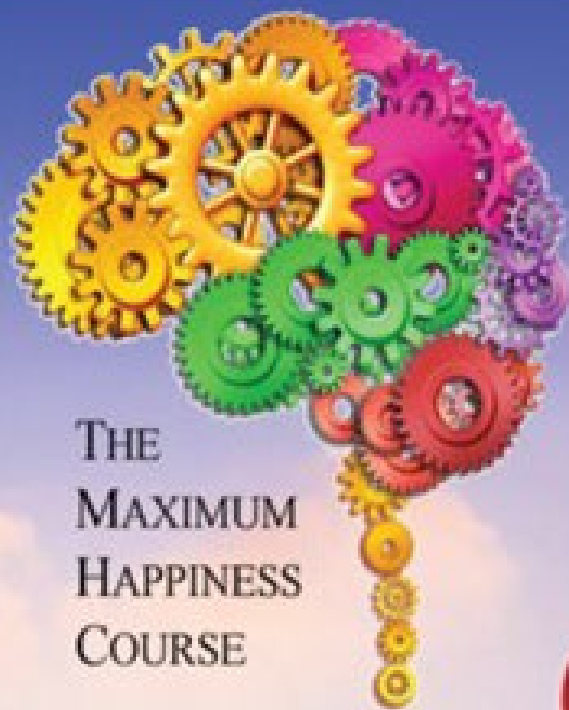
“This book spoke to the quiet parts of me. The parts that were waiting to be noticed again.” — Reader

 *Your best chapter might still be unwritten. Let's write it with purpose.*

 **Get & Read the Book (Universal Link to Multiple Stores):**  
<https://books2read.com/u/3yJpxL> (Includes Amazon, Apple).



This guide is a Global Happiness Crusade resource.  
Feel free to share it widely with credit.



THE  
MAXIMUM  
HAPPINESS  
COURSE

Make The **Rest** Of Your Life  
The **Best** Of Your Life  
How To Harness Adversity For  
Transformational Growth and  
Lasting Happiness

**Stephen Bennett**

Here's a glimpse of what's in development behind the scenes:

## **Featured Resource:**

### **The Self-Discovery Handbook**

*Transform Your Life, Inspire Change, and Grow with the Power You Already Have*

**By Steve Bennett**

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#### **Overview**

**The Self-Discovery Handbook** is a powerful, practical resource designed to help individuals explore who they are, uncover what drives them, and create meaningful, lasting change — all from within.

Drawing on decades of experience in coaching, psychology, and personal development, this guide walks the reader through a four-part journey:

1. **Discovery** – Gain deep self-awareness and uncover what's holding you back
2. **Inspiration** – Reignite your purpose and reconnect with possibility
3. **Transformation** – Break old patterns and rewire limiting beliefs
4. **Growth** – Build sustainable systems to anchor your new identity and momentum



This guide is a Global Happiness Crusade resource.  
Feel free to share it widely with credit.



This is not just a book — it's a self-guided experience. Designed for **individual transformation**, it also serves as a valuable tool for coaches, leaders, educators, and well-being professionals who want to empower others to unlock their inner potential.

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### **How It Supports the Global Happiness Crusade**

The Self-Discovery Handbook perfectly complements the mission of the Global Happiness Crusade by:

- Encouraging **self-awareness as a foundation for happiness**
- Providing structured tools for **emotional well-being and resilience**
- Offering a **practical alternative to traditional therapy or coaching**
- Reinforcing the message that **transformation begins from within**

It's designed to meet individuals where they are — whether they're in a moment of transition, searching for clarity, or simply seeking a more fulfilling path forward.

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This guide is a Global Happiness Crusade resource.  
Feel free to share it widely with credit.

## What's Included

- ✓ Four in-depth sections packed with powerful insights
- ✓ 15+ reflection exercises and coaching-style prompts
- ✓ Bonus Tools:
  - **Self-Certification Page**
  - **Weekly Growth Planner**
  - **Transformation Tracker**

 Check out the self-discovery handbook here:

<https://tinyurl.com/self-discovery-handbook>



This guide is a Global Happiness Crusade resource.  
Feel free to share it widely with credit.



# **The Self-Discovery Handbook**



**Transform** Your Life, **Inspire** Change,  
and **Grow** with the Power You  
Already Have

**Steve Bennett**



## Happiness in Their World

*Extraordinary Stories. Unshakable Spirit.*

### What Is It?

The ***Happiness in Their World*** podcast series shares powerful, real-life stories of resilience, purpose, and hope — told by those who've lived through life's toughest moments and still found light.

This isn't celebrity fluff or quick-fix advice. It's raw, meaningful storytelling that reminds us of our shared humanity — and the strength we all carry.

### Why It Matters

At the heart of the Global Happiness Crusade is a belief: that happiness isn't found in perfection, but in perspective. These podcasts are here to uplift, to challenge, and to connect — completely free of charge.

---

### Featured Guests

Each of these inspiring voices brings a unique lens on life, hardship, and happiness:


- **Dave Watson** – *Triple-amputee war veteran, Invictus Games medallist, motivational speaker*  
After surviving an IED blast in Afghanistan, Dave lost both legs and an arm — but found new purpose in inspiring others. His resilience is a masterclass in strength, humour, and heart.

- **Lord Geoffrey Dear** – *Former Chief Constable, respected voice in policing & justice*  
A life of service, integrity, and reform. Lord Dear’s reflections are filled with wisdom about leadership, humanity, and public trust.
- **Derek Forest OBE** (Coming soon) – *Interpol Commander, forensic expert, disaster responder*  
Derek’s story takes us from elite police investigations to global disaster zones — revealing how dignity and calm can prevail, even amidst chaos.
- **Kit de Waal** – *Bestselling author, creative powerhouse, voice for social change*  
Kit’s literary works give voice to underrepresented lives. Her journey from adversity to acclaim reminds us that our words can shape worlds.

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## **How to Listen**

All episodes are available **free of charge**, because stories like these should be heard — not hidden behind paywalls.

 *Listen online, share widely, and discover happiness in their world... and yours.*

# HAPPINESS IN THEIR WORLD

CONVERSATIONS WITH REMARKABLE INDIVIDUALS



Dave Watson



Lord Dear



Derek Forest OBE



Kit De Waal Author



Engaging, inspirational, and provided free of charge, the podcast series **Happiness in Their World** offers an intimate glimpse into the lives of individuals whose unique stories of resilience and success illuminate paths to happiness.

From **Dave Watson**, a triple amputee war hero advocating positivity, to the **Rt Hon Lord Geoffrey Dear**, a retired Chief Constable and respected voice in policing & justice, to **Derek Forest OBE**, a decorated police officer, forensic expert and disaster responder to **Kit De Waal** a celebrated author drawing from her richly diverse heritage.



## Happiness in Their World

Click QR Code to watch the Podcast that interests you



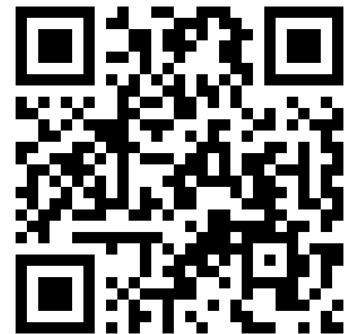
Blown Up in Afghanistan. Rebuilt through love, sport, Happiness and laughter. This is Dave's own story



Lord Dear. A life of duty and wisdom. Reflections on justice, hope, happiness and what really matters in a changing world.



Discover the mission to make happiness a global priority - and why it starts with you



Happiness in their World. Meet extraordinary people with stories of resilience and courage.



This guide is a Global Happiness Crusade resource. Feel free to share it widely with credit.





## The AI Compass

*A Practical Guide to Navigating Today's AI Tools for Life & Business*

Artificial Intelligence is reshaping how we live and work. For many, this brings opportunity. For others, it sparks confusion and even anxiety. *The AI Compass* was created to guide you confidently through this new landscape.

Curated by Steve Bennett and the Global Happiness Crusade, this guide distils the noise of AI into a **clear, practical resource**.

Inside you'll find:

-  An easy-to-understand overview of today's most useful AI tools.
-  Real-world applications for **life, work, and creativity**.
-  Insights on how AI can support **happiness, productivity, and human purpose**.
-  A practical “compass” to help you thrive—not just survive—in the AI age.

This is not a technical manual. It's a **human-first, purpose-driven guide**, designed to help you see AI as an ally in creating more time, freedom, and fulfilment.

 Explore *The AI Compass* flipbook:

<https://tinyurl.com/AI-Compass-Flipbook>

 Download the PDF: <https://tinyurl.com/AI-Compass-pdf>



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# THE AI COMPASS

A PRACTICAL GUIDE TO NAVIGATING  
TODAY'S AI TOOLS FOR LIFE & BUSINESS



Curated by Steve Bennett — Global Happiness Crusade

Helping you thrive in the AI age







## **Beyond Overwhelm**


### *Finding Clarity, Calm & Control*

Overwhelm has become one of the defining challenges of modern life. It shows up in our work, our relationships, and our sense of purpose — leaving us anxious, paralysed, and drained.

This guide from the **Global Happiness Crusade** was created to help you move from chaos to clarity. Inside, you'll discover:

-  Why overwhelm happens and how it differs from anxiety
-  The triggers that push us beyond our limits
-  Practical steps to reset, refocus, and rebuild resilience
-  Tools to turn overwhelm into opportunity

Overwhelm is not weakness — it's a signal. When you know how to read it, you can reclaim control and use it as a catalyst for growth.

 Explore the flipbook here:

[tinyurl.com/Overwhelm-Flipbook](https://tinyurl.com/Overwhelm-Flipbook)



Download the PDF here:

[tinyurl.com/Overwhelm-PDF](https://tinyurl.com/Overwhelm-PDF)



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# BEYOND OVERWHELM

Finding Clarity, Calm &  
Control

Curated by  
**STEVE BENNETT**



**GLOBAL  
HAPPINESS  
CRUSADE**



### **Think & Grow Happy** (*Upcoming Book*)

A neuroscience-informed journey into the power of thought, mindset, and emotion — and how to rewire your mind for sustainable happiness.



### **The Global Happiness App**

A fun, gamified tool that delivers micro-doses of joy, daily insights, progress tracking, challenges, and an evolving Happiness Score.



### **The Happiness in Their World Podcast**

Real conversations with remarkable people — exploring resilience, transformation, and what happiness means in their world.



### **Membership & Mastermind Groups**

Exclusive access to coaching, live sessions, themed workshops, and a peer-supported accountability network to go further, together.



### **Join our exclusive Global Happiness Communities:**

**Facebook:**

<https://www.facebook.com/groups/1364334724560077>

**LinkedIn :** <https://www.linkedin.com/groups/13172319/>



LinkedIn



Facebook



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## ➡ Want to Get Involved?

*This isn't just my crusade. It's ours.*

If you're:

- A coach, mentor, or wellbeing professional with tools to share
- A creator who wants to collaborate
- A business leader ready to support wellbeing in your organisation
- A kind soul who wants to help amplify this message


...then I'd love to hear from you.

 Apply to become a GHC Stakeholder, Affiliate, or Contributor

 email: [enquiries@maximumhappiness.co.uk](mailto:enquiries@maximumhappiness.co.uk)

 Share this catalogue with someone who needs it.

 Start a conversation.

 Be part of a movement that puts happiness back at the heart of human progress.

***Together, we can make happiness a global priority — one life at a time.***