



## 50 Ways to Yay!: Transformative Tools for a Whole Lot of Happy

By Alexi Panos



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“If you want to go from ‘blah’ to ‘YAY!’ this book is your guide. An uplifting read with stories to inspire confidence and action steps to actually change. Alexi is the perfect mix of the encouraging best friend you can’t live without and the cool teacher you always wanted.”

—Christine Hassler, author of *Expectation Hangover*

“Apply Alexi Panos’s *50 Ways to Yay!* and you will light a luminous spark of joy in your life that will cause your heart to sing and your soul to soar.”

—Dr. Michael Bernard Beckwith, author of *Life Visioning* and *Spiritual Liberation*

“Alexi Panos is to this generation what Debbie Ford and Marianne Williamson are to past generations.” —Jake Ducey, author of *The Purpose Principles*

Thought leader and inspirational vlogger Alexi Panos has helped hundreds of thousands with their own search for personal happiness and to create an epic life. In *50 Ways to Yay!*, Alexi helps you do the same with fifty motivating, empowering, and thought-provoking lessons and exercises to help you break out of the ordinary and jump into the extraordinary. With her guidance, you can experience a domino effect of inner peace, inspiration, and a whole lot of happy.

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## 50 Ways to Yay!: Transformative Tools for a Whole Lot of Happy By Alexi Panos Bibliography

- Rank: #137742 in Books
- Brand: Ingramcontent
- Published on: 2016-06-07
- Released on: 2016-06-07
- Original language: English
- Number of items: 1
- Dimensions: 7.25" h x .70" w x 5.00" l, .0 pounds
- Binding: Paperback
- 224 pages

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### Editorial Review

#### About the Author

Alexi Panos has inspired hundreds of thousands of people toward a life of personal fulfillment through her various business, multi-media, and philanthropic platforms. Her new transformational methodology she co-created called The Bridge, is making waves all over the world for its revolutionary new take on radical self-development. In 2005, Alexi Panos cofounded the non-profit organization E.P.I.C. (Everyday People Initiating Change) which brings safe, clean drinking water to those in need in parts of the developing world. Named as one of *Origin Magazine's* Top 100 Creatives Changing the World, winner of *Elixir Magazine's* Millennial Mentor Award, and dubbed one of "11 Noteworthy Millennials" in the Huffington Post, Alexi is truly shaking things up with her passionate and energetic delivery, making a unique mark on the world. Connect with Alexi at [AlexiPanos.com](http://AlexiPanos.com).

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50 Ways to Yay!

## 1. LET'S CHANGE THE WORLD, SHALL WE?



The great poet Rumi has given us these wise words: "Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." When we change, the world around us changes. When we work on being the most amazing version of ourselves, on transforming our hearts and our minds, we can let that goodness ripple out and affect the world. We all have the power to change and transform ourselves, and when we realize this truth, we can bring forth that power into every circumstance we encounter.

Many of us are anxious to improve our circumstances, but we're reluctant to improve ourselves; we want the incredible life, but we don't want to do the work. We can't change the world until we're willing to change ourselves, because ultimately our view of the world is a direct reflection of how we're personally showing up in it. In any situation where we feel something is lacking, it's usually something within ourselves that is missing from the equation. Sure, it's easy to look at the world around us and blame it for all of our misfortunes, but placing the blame outside ourselves doesn't bring us any closer to actually solving the problem.

Whether we're feeling a lack of love, of financial security, of intimacy, or of peace in our lives, the solution can usually be found within ourselves. If we dig deep enough, get brutally honest, and take responsibility for how WE'RE showing up under those circumstances, we can see that external things are not to blame; instead, it is what we're not willing to GIVE to the situation.

I used to feel a lack of intimacy in my relationships. I felt as though my partner and friends weren't opening up fully or sharing their true feelings. It wasn't until I realized that I wasn't showing up fully open, vulnerable, and willing to share that I could understand that I was the missing ingredient. When I began to shift, my reality shifted with me. I dropped my walls and began to show up as ALL of me, and people who weren't meant for my life gradually fell out of it, while I formed deeper relationships with those who stayed. My relationships expanded exponentially the more I revealed who I truly was, and suddenly that lack of

intimacy I had once felt became a distant memory.

If we want to experience more love, we have to choose to be love. If we want to experience more abundance, we have to be the embodiment of that abundance. If we want to experience peace, we have to practice it first. We don't get what we want, we get what we ARE. So whatever it is that you feel you're lacking in life, get brutally honest with yourself and ask how you are showing up to it. We will receive and attract into our lives only what we are willing to BE, and what we feel we're missing is a direct indicator of where we're not giving enough of ourselves.

**YOUR MISSION:** In what area of your life do you most dislike the results you're getting? (Relationships, career/purpose, money, health, spirituality, lifestyle, etc.)

Who or what do you need to become in order to get the results you desire in this area?

**REFLECTION:** How does it feel knowing that you are 100 percent responsible for your experience of life? Do you feel more empowered and confident in the face of the inevitable adversity that will show up?

## **Users Review**

### **From reader reviews:**

#### **Regina Laporte:**

Nowadays reading books be a little more than want or need but also work as a life style. This reading addiction give you lot of advantages. The huge benefits you got of course the knowledge the actual information inside the book that improve your knowledge and information. The info you get based on what kind of reserve you read, if you want drive more knowledge just go with training books but if you want experience happy read one together with theme for entertaining for instance comic or novel. The particular 50 Ways to Yay!: Transformative Tools for a Whole Lot of Happy is kind of book which is giving the reader capricious experience.

#### **David Barthel:**

Information is provisions for folks to get better life, information nowadays can get by anyone with everywhere. The information can be a understanding or any news even a concern. What people must be consider if those information which is inside the former life are challenging be find than now is taking seriously which one is suitable to believe or which one often the resource are convinced. If you find the unstable resource then you obtain it as your main information you will see huge disadvantage for you. All of those possibilities will not happen with you if you take 50 Ways to Yay!: Transformative Tools for a Whole Lot of Happy as your daily resource information.

#### **Frank Hudson:**

This book untitled 50 Ways to Yay!: Transformative Tools for a Whole Lot of Happy to be one of several books which best seller in this year, this is because when you read this book you can get a lot of benefit into it. You will easily to buy this particular book in the book retailer or you can order it by using online. The publisher with this book sells the e-book too. It makes you quicker to read this book, as you can read this

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**Janice Evans:**

Some people said that they feel fed up when they reading a book. They are directly felt the item when they get a half portions of the book. You can choose the particular book 50 Ways to Yay!: Transformative Tools for a Whole Lot of Happy to make your own personal reading is interesting. Your personal skill of reading talent is developing when you just like reading. Try to choose simple book to make you enjoy to read it and mingle the sensation about book and examining especially. It is to be initially opinion for you to like to open up a book and learn it. Beside that the guide 50 Ways to Yay!: Transformative Tools for a Whole Lot of Happy can to be your brand new friend when you're experience alone and confuse using what must you're doing of their time.

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