

Tips for living a happier life, Everyday.

• **TAKE A SHOWER, EVERYDAY.** Personal hygiene is so, so vital to your happiness. If you're interacting with people, you need to be clean. You need to smell neutral. If you smell good, that's surplus, but you *need to smell neutral.* If you are currently disgusting, you will be amazed at how much more pleasant people are to you when you are clean and fresh. Breath too, so important.

• **JOURNAL YOUR THOUGHTS, EVERYDAY.** Journaling is an important resource in self development. When you journal over a long period of time, you can track the growth of your own mind and personality, and you are free to dissect that information for as long as you want. You could arrange intricate diagrams that track the frequency of different topics you write about, make yourself a little powerpoint presentation, add some music. Maybe if you study hard enough, you can figure out what you'll be interested in, in the future...

• **DON'T YELL EVERYDAY.** Yelling scares the people around you, and it calls only to your bad thoughts. You cannot yell something intelligent or wise. You can sometimes yell something awesome, it's possible. Like if you can zing a great zanger across the room and really sock it to someone who needs a good sock in their mouth, and everybody gives a good hearty laugh and you feel like the king of the court, big man on campus, that's a great moment. It's a special moment, but it's not the worth the risk of yelling something awful, which is more likely anyway. Yelling is almost always usually very bad. Play it by ear. If you need to, if you really need to yell, keep it short and sweet and DON'T USE NAUGHTY NUMS NUMS!!

• **EAT AN APPLE, EVERYDAY.** This is the only known, proven way to avoid illness. All the sumptuous knowledge you have been fed your whole life by people in the "Health" industry and the "Medical" INDUSTRY and the "Science" INDUSTRY...it has all been bullshit. INDUSTRIES PERPETUATE THEMSELVES. You cannot trust one word of a collection of institutions that must validate their own existence in order to survive! You can only trust a person, someone you can talk to. Beyond that you can trust what people say to each other, as words of wisdom. Words that can become cliched over time. But these ancient knowings are some of the purest forms of collective memory. An apple a day keeps the MEDICAL MEGAMINCER AWAY!

It's about **Mindfulness™**. It's about **Everyday Learning™**. It's about **Understanding™** and **Communicating™** and **Knowing That You Are Not Alone™**. It's about **Garbage In, Garbage Out™**, so you better **Get Your Act Together™**. **Because We Will Not Consume, This Garbage You Feed Us™**.

Everyday Is A New Battle™. **Everyday Is A Struggle™**, and **Everyday We Are Judged™**. **When You Don't Do Your Best, People Notice™**. **Every Time™**. **And Most Would Like To See You Gone™**. **But We Are Not About That™**.

We Are Proud™. **We Are Strong™**. **We Are UNITED™**, Together. **Powerful Through Our Bond™**. **Bound Together, Through Blood and Bloodshed™**. **An Ultimate Force™**. **An Uproarious Symphony™**. **A Beautiful, Heavenly Choir™** To Praise His Name.... **DUNDARIOUS!!!**

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CREDITS

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TIPS FOR LIVING A HAPPIER LIFE

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HOW TO BE MORAL WITHOUT GOD

I LOVE MYSELF

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LAYOUT

INSPIRATIONAL MOVIE QUOTES

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EXTREMEPLEASURE

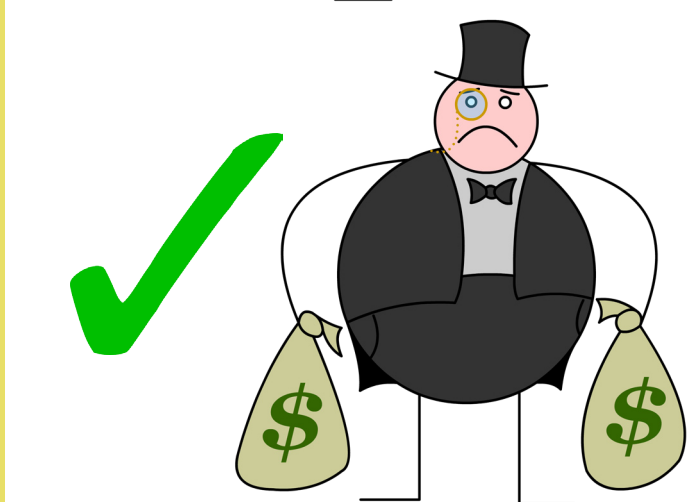
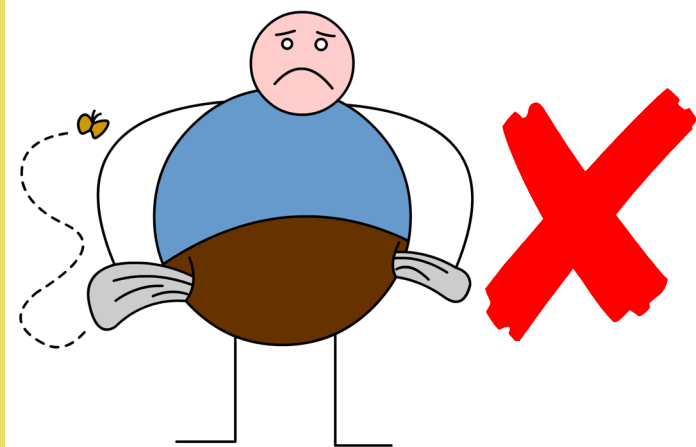
I LOVE MYSELF ART

LAWFUL

ARE YOU IN PAIN?

THE MIGHTY LIGHTHOUSE PRESENTS

How To CHANGE Your Life



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in COLOR!



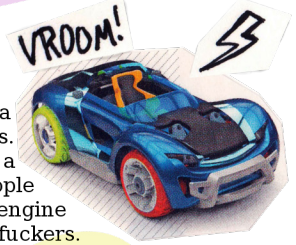
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Daryl Hammond

How to be Moral Without God

Many people mistakenly associate 'morality' with a belief in 'god' and have a hard time understanding how one can be moral without believing in the great fish in the sky. Well, here is a list of some moral actions I and my fellow enlightened atheists have performed over the years. PROOF that atheists are not amoral.

Drive an Electric Car

I live in a city and my \$70,000 Tesla Model S meets all my driving needs. There's literally no reason to drive a gasoline powered car. The only people who drive those filthy combustion engine cars anymore are bigots and horsefuckers.



Write YouTube Comments

Next time you're waiting in line at Whole Foods to buy an apple pull out your iPhone and leave some YouTube comments letting people know that Christianity is wrong to help foster a more enlightened future free of ass backwards religions. *Science is fucking awesome but GMOs are bad!*

Poison an Athlete

I really don't like these guys!!
Poison them.
Poison them *all*.

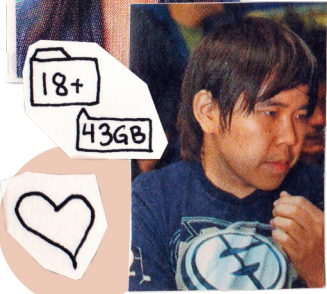


DEATH

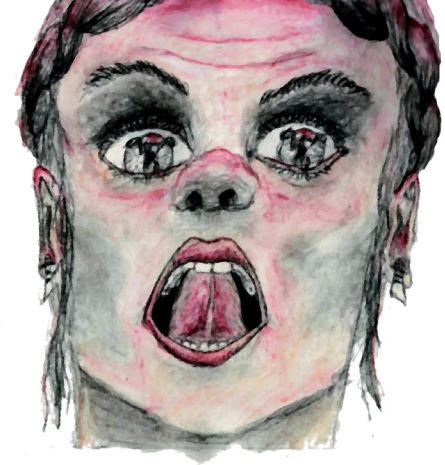


Be Patient

Wait until your favorite K-Pop star reaches the age of 18 before masturbating to all the pictures of them you've collected over the past four years. It's the least you can do!



GOD IS DEAD



*I dropped it, I dropped it,
It fell apart and now it won't come back together.
I bled it and bled it,
I dried out their heart and now we won't get back together.
I stretched it, I stretched it
Beyond it's part and now it won't come back together.*

*Oh, fix it? How can I fix it?
How can I fix it? How can I?*

*My hands (not a painter's) are frail and old,
My head (not a sculpture's) is cracked and cold.
My love (not a poet's) is thinned and fold.
My will (not my own) is bought and sold.*

*Oh, fix it? How can I fix it?
How can I fix it? How can I?*

*I'll flare up my eyes,
I'll click my tongue,
Wrist turns paralyze,
Fingers are sprung.*

*I could twist it and turn it,
And pull it and burn it,
Grab it, upturn it,
And stab it and stab it and stab it and stab-*

...Ah - was that glue always there?



Inspirational Movie Quotes

to live your life by in 2018

- Do or do not, there is no try
-Yoda, The Empire Strikes Back
- I coulda been somebody instead of a bum, which is what I am, let's face it
-Terry Malloy, On The Waterfront
- I just don't think I could take that kind of rejection
-Marty McFly, Back to the Future
- I'll give you a winter prediction: It's gonna be cold, it's gonna be grey, and it's gonna last you for the rest of your life
-Phil Connors, Groundhog Day
- Dear God, make me a bird, so I can fly far, far away from here
-Jenny, Forrest Gump
- You're nothing
-Kylo Ren, The Last Jedi
- Hope is a dangerous thing my friend, it can kill a man
-Ellis Redding, The Shawshank Redemption
- A strange game. The only winning move is not to play
-WOPR, WarGames



I LIKE REDMEAT
ASPARTAME AND MSG
IS GOOD FOR ME I LIKE
TO HAVE SEX TRAPS
AREN'T GAY AND I'M
NOT GOING TO LET SOME
CURLY HAIR DICK
LICKER ON THE
INTERNET SAY OTHERWISE

I LOVE MYSELF

Are you in pain? Do you need help?

There is a House. You know the way.
We take care of others because we were taken care of.
Clean lodging. Renowned cuisine. Good company & friends. Trustworthy staff.
Sommeliers procure our private stock of wine from the oldest vineyards as well as the cellars of clerics, kings, & politicians. Explore our humidor designed & stocked by our generationally landed tobacconist. The best beers about. Liquor so top shelf we only serve it by parachute to the rooftops. Patented cultivars of proprietary herbs in cured & extracted forms are available upon request.
Wander a sprawling library filled with the latest literary works as well as ancient epics, banned classics, damned heresies, extant esoterica, forgotten lore, great tomes, holy texts, lost linguistics, microfiche, newspapers, papyri, scrolls, & tablets from every empire. We possess both digital & analog repositories of all art & sound. Any & all animal companions can be accommodated by our in-house ark.
Surround yourself with people who care & dedicate themselves to self & community growth. Teachers of all disciplines await to instruct you in love, martial arts, medicines, music, philosophies, psychology, sciences, sociology, & war.
Sculpt your body to physical perfection. Train your mind to its critical & creative peaks. Create within yourself a dynamic being worthy of being called by your true given name. Ascend to cultural & ethical heights beyond the allowances of your previous beliefs. Cleave away any possession or person which mitigates your optimum trajectory. There is no cost unless you fail to find your way. Align yourself with the Way. We are the Way. Find us.