

SECOND, REVISED EDITION

The Little Book of Personal Development, Success and Happiness

Hannu Pirilä

**Useful thoughts to get insights and
ideas for a better and happier life**

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Second edition

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Foreword

It is an honor to get to write a foreword to Hannu Piriä's first book.

I have known Hannu for more than ten years now. Hannu has worked as a Consultant and Mentor for my business and as a Mental Coach in my preparation for different martial arts fights. During the years we have become good friends and business partners. We have also sat long nights together and "improved the world," as we tend to say in Finland.

I have always been fascinated by Hannu's desire to help people to do more of those things that are important to them. I have also witnessed how Hannu has himself taken some brave steps in his life, abandoning a well-paid job to become an entrepreneur and leaving the field of hotel consulting, that he mastered so well, to the background.

Hannu is doing those things in his life that he feels are important and that he really believes in. In our numerous conversations I have been impressed by how Hannu particularly wants to help individual persons and smaller companies to achieve goals that are important to them.

I have read Hannu's book several times and I am happy to notice that its content genuinely looks like the way he is. I hope that everyone who gets this book in their hands, reads it with an open mind and that they find those keys to success and happiness – and that they also take them into good use.

I want to congratulate Hannu for this close-knit book on personal development, success and happiness. Furthermore, I respect the fact that he has taken the time between all other work to write it.

May this book bring us all clarity and light as we steer our lives toward our future goals and great adventures!”

Helsinki, 3rd of January 2013

Timo Räkköläinen

Helsingin Itsepuolustuskoulu Oy, Hipko (Helsinki Self-Defense School Ltd)

CEO, Founder and Head Instructor

Introduction

I had my first touch on personal development almost two decades ago, when my girlfriend at that time introduced me to books like *The Seven Habits of Highly Effective People* by Stephen R. Covey, *The Road Less Traveled* by M. Scott Peck and *The Celestine Prophecy* by James Redfield.

Since then, my interest toward personal development and spirituality has gradually increased to what it is today, which is my profession.

Today, personal development and spirituality to me mean to continuously study and develop myself in different areas of life. My studies include certifications like executive Master of Business Administration, Licensed Master Practitioner and Trainer of NLP™, Licensed NLP Coach™, Licensed Master Business NLP™ Practitioner, Licensed LAB Profile™ Practitioner and Licensed Sports Performance Coach™.

As a sort of a byproduct of my self-development process, I have gained huge amounts of knowledge and skills that I can use to help other people, as well. Therefore, I am nowadays a professional consultant, coach and trainer helping businesses and individuals to achieve the results they want. Oftentimes, this also means achieving success and happiness.

One of the ways I offer my help to people is to write articles and blogs on things I come across in my work. This way I can give some pieces of advice to people who are seeking that kind of information. And it also helps me, because putting my thoughts down in writing is a great way for me to get some clarity of my thoughts.

This little book is really based on some of my articles that can be found in different places on the internet and that I have somewhat modified

and perhaps updated for this book. In this book I have tried to put together some of the most important or helpful thoughts that I hope will help you as a reader to get some new insights and ideas on how to make your life at least a little bit better and happier – no matter how good or bad, happy or sad your life is at the moment. So, if you will get even one insight or idea that will improve your life, one way or another, writing this book has proven to be worth the effort.

Since I wanted to make this book as comprehensible and easy to read as possible, I have tried to express my thoughts as compressed as possible. On one hand this means that many of the subjects are left without in-depth explanations or pondering, but on the other hand, it leaves room for you as a reader to form your own opinions on things and also gives you ideas and inspiration to go out and explore your own route on your self-development.

The point, however, is that you will not get the whole picture of what personal development really means by just reading a book or taking a course on the subject. Personal development is a lifelong journey that requires constant studying and being open to new ideas and perceptions. I have read countless number of books and studied dozens of courses and programs, and from every book, course, program or seminar I always get something that deepens my knowledge and inspires me to be even better at what I love doing.

Therefore, if nothing else, I hope this book will give you a little nudge to dig in deeper to find out what you really want, what is your passion, and achieve the success and happiness that is out there waiting for you.

In January 2013

Hannu Pirilä

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The Little Book of Personal Development, Success and Happiness

As the title implies, this book discusses the significance of personal development as a key factor in success and happiness. The book is a collection of the most important and useful thoughts and ideas of the author, which will help you to get new insights and make your life better and happier.

Since this book is intended to be as comprehensible and easy to read as possible, the thoughts and ideas have been expressed in a compressed form, leaving space for you as a reader to generate your own opinions on things. The book will give you an abundance of ideas and inspiration to go out and explore your own path on your self-development.

Self-development is a lifelong journey that requires constant learning and openness to new thoughts and ideas. The goal of the book is to give you the nudge you need to figure out what you really want, what your passion is, and that you will achieve the success and happiness that awaits for you and that belongs to you.

This second edition of the book has been updated with some minor changes to the chapters that existed already in the first edition. Moreover, there are now two whole new chapters in this edition to provide even more insights and ideas.

Book cover: Hannu Pirilä



HannuPirila.com

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