


Happiness Expert Sophie Keller Gives Us Some Tips about Having a Happy Love Life



 By Linda Guma

Are you looking for a happier love life? Happiness expert, author, life coach and TV personality Sophie Keller gives us 50 key ideas for improving your relationship in her upcoming book, *How Happy Is Your Love Life?: 50 Great Tips to Help You Attract and Keep Your Perfect Partner*.

The book is part of a four-book series coming out November 27. Keller notes her goal for the 'How Happy Is' brand is that [her] practical, easy to use advice will help you discard outdated attitudes, habits and beliefs in order to make more positive choices in your life.

We had the pleasure of interviewing Keller to find out just how she does it.

What motivated you to become a happiness expert?

When I was young I didn't feel particularly understood. But I knew I was meant to be happy, so when I searched for how, I found it inside. I realized that when you drop the masks, armors and pretenses, you will find who you are. The person you should be with will magnetize to you. Otherwise, you will magnetize people who have the same armor. That's why relationships don't work. Someone's armor must come off.

What is happiness?

Happiness is about feeling complete within yourself, feeling like you're making a difference in your life and the lives of others. It's about expressing yourself fully and completely.

It's interesting that on a worldwide scale, happiness and wealth don't correlate with each other. Happiness is about focusing on the moment. For example, those in third world countries focus on feeding themselves and their children. They value their relationships above material things. I always say we're human *beings*, not human *having* or human *doings*. The more "human being" we are, the happier we'll be.

What sets this book apart from other love advice books on the market?

Everything is actionable. Also, it teaches you how to focus and work on yourself. Most of all, this book teaches you to break down defense mechanisms that have been holding you back.

What would you say is the most important tip you have for those who strive to be happy in their love lives?

Be yourself to the fullest and be really positive. Relax, have fun and have faith. There is someone out there for you. You also have to work on your self development. Clear out your insecurities. You need to shift how you think about yourself and any past issues that keep resurfacing.

How do you know when it's right to tie the knot?

Every cell in your body says "yes," with no doubt. You never know what it's going to feel like but when it happens you'll know. The person you end up marrying could surprise you.

Sophie Keller is the creator of Howhappyis.com. She has been a featured life coach for Martha Stewart's *Whole Living* magazine, a contributing expert for Sirius radio and she appears frequently on *KTLA 5 Morning News*. She also appears on *FOX*, *NBC*, *ABC*, and *CBS* where she gives happiness tips and

lifestyle advice. She was recently appointed the 'Good News' Ambassador for LG Electronics. She lives in Santa Monica, California.

To order a copy of her book, visit <http://www.howhappyis.com/books/love-life/>.