

# CONRAD HALL



*Best-Selling Author and Popular Family Coach*

# GETTING HAPPY...

*WHEN YOU WISH YOU WERE DEAD*

[www.GettingHappySeries.com](http://www.GettingHappySeries.com)

**Series Information**

[www.GettingHappyBook.com](http://www.GettingHappyBook.com)

**Sales**

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Or contact Conrad Hall at [647.278.0188](tel:647.278.0188)

**Dear Media Professional,**

Suicide prevention is like putting smoke alarms into a burning building. It's too little, too late. I have no desire to prevent suicide. That's backward. It focuses on the problem.

I want to show people how to connect and feel effective so suicide never becomes an option. That's the first rule of personal development: Focus on the behavior you want.

**Getting Happy...when you wish you were dead** is a hand-up to people going through a tough spot in life. I use my recent experience with losing a family for a second time, and lots of supporting stories from losing my first family, to show people there is light at the end of the tunnel. It's possible to make mistakes and still find ways to connect with others and feel effective.

Unlike other books about mental health and suicide, **Getting Happy...when you wish you were dead** isn't about a dramatic suicide attempt, and it isn't written by a clinician. It's written by someone who attempted suicide 32 times by the age of 28, and struggled with thoughts of suicide for almost 40 years. Using my experiences and results, I lay out a path for others to follow toward getting happy.

I literally lay out a path to follow in **Getting Happy Workbook ...when you wish you were dead**. The story book gives inspiration and motivation. It's a book for everyone to read. The workbook is focused on taking action to shape your life, and your self, into what you want it to be.

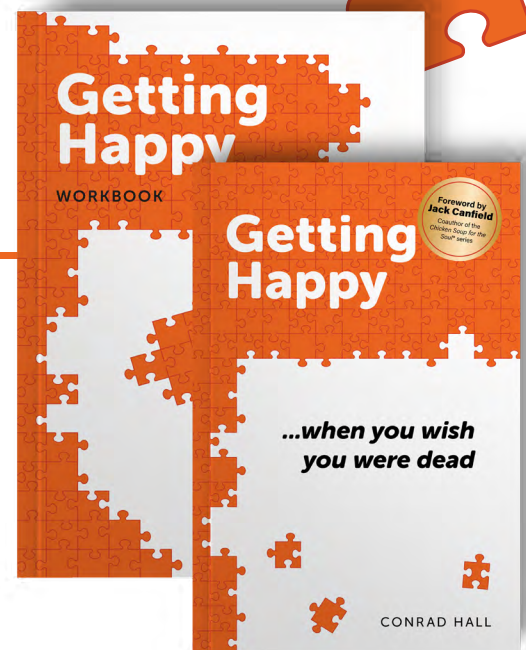
When we include "death by misadventure," suicide suddenly becomes the runaway number one cause of death among young adults. Even sticking to the official stats leaves suicide outpacing gun deaths by two to one in the U.S. So if, like me, you believe it's better to give folks the answer to building a strong, positive, happy life, join me in making sure the fire never gets started.

I hope you'll choose to be part of the excitement. Please let us know how we can help.

Sincerely,



Conrad Hall



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## MEET CONRAD HALL

Cranium Ex Rectum! It is a motto that has served Conrad well for much of his life, and his coaching clients for two decades. But it's far from where he started out.

Conrad Hall was born the third child in a family with two children, and had parents who never allowed him to forget it. That made "getting happy" a challenge from the get-go, and practically started him out with a fake reality.

His hard experiences, the people he met along the way, and his personal desire to be a better man led Conrad to face his faults. He learned to accept mistakes and failure as natural, effective means for finding what works. That's why, and how, Conrad Hall developed the Cranium Ex Rectum philosophy. It's a playful reminder to take our mistakes less seriously. It also encourages us to learn from those mistakes by facing them honestly.

*Getting Happy...when you wish you were dead* is the story of 143 days in his life – November 11, 2012 to April 3, 2013 – and his journey from business success down through divorce and jail, and back up to having his own apartment. The story is punctuated with stories from Conrad's past that show why he was able to move past each day's troubles – plus the alluring, constant desire to end it all – and arrive at Getting Happy.

"Conrad's honesty, his willingness to be exposed, make *Getting Happy...when you wish you were dead* a must read for every parent and friend." **David L. Hancock, Founder, Morgan James Publishing**

He has learned to find the line between accepting responsibility for his choices, and setting aside the blame for other people's actions. It's along that line that he has found happiness and fulfillment even in the midst of divorce and homelessness.

Conrad's invitation is for you to join the adventure and discover your own way for Getting Happy.

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## ON-AIR INTERVIEW QUESTIONS

- 1 *Getting Happy ...when you wish you were dead* addresses our society's greatest taboo: suicide. Yet you have a rather different attitude toward suicide prevention. Tell us about that.
- 2 Given the failure of suicide prevention to actually prevent an increase in suicides, what can we do as individuals to help people avoid suicide?
- 3 When you talk about connecting, do you mean just being able to see people and have a conversation? What about shaking hands and touching each other – especially in a post-pandemic world?
- 4 You have described a minimum for connecting, from just having a conversation all the way through to eight meaningful physical contacts each day. Is there a minimum level of effort for feeling effective?
- 5 If it's all about getting connected and feeling effective, then why does the title say "getting happy?" What does it mean?
- 6 We have been talking mostly in the abstract about things people can do to connect, be effective, and get happy. What is something practical we can do to make this stuff happen?
- 7 Is PEP and POOP a one-side thing? Are we always trying to replace POOP with PEP?
- 8 Choosing PEP over POOP sounds good, but it also sounds like it can take a bit of time to build those new thought habits. Can you give us some tips for how we can get happy right now, today?
- 9 How can listeners get a copy of *Getting Happy...when you wish you were dead*?



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### 3 STEPS TO DAILY HAPPINESS

Getting Happy is a goal you can achieve today.

- 1 Be Thankful.** When I was living in the homeless shelter program, I was amazed to discover the difference this one step made to my days. I'd wake up and just say thank you to God for what I had; a warm, safe place to sleep, food to eat, and a sink to sponge bath in.

Every time I started the day by saying thank you, I did much better throughout the day.

- 2 Have a list of things to do.** Sometimes my list has been as short as volunteer at We Care (the local food bank), and read at the library. There's no rule that says you have to be at peak productivity every day, or even that your To Do list absolutely has to get done.

The point of the list is to congratulate yourself for the things you get done. Yes, there is a measure of self-honesty needed. It's okay to say "today was a crappy day and I didn't get anything done." The trouble comes when it's your 40<sup>th</sup> crappy day. Then it's time to kick yourself in the butt and get **something** done; even something as simple as going outside for a walk.

- 3 Connect with others.** Have you ever had a day when you just want to stay in bed and hide under the covers? I think we've all had a day like that. When it comes, the best thing you can do is find somebody to just say hello to.

My personal favorite is a cashier. They often look like they'd rather be somewhere else, so it's easy to think of saying hi as a way to cheer them up. (There's no reason why they have to know I'm really doing it to cheer myself up.) The best thing about it is that the encounter is brief. I might not be good company for a long conversation that day, but this is a quick pick-me-up.

Never be fooled by the gurus who say "getting happy" isn't a real goal. They know that being happy makes achieving all your other goals a hundred times easier. Saying that is just their way of making you come back for more advice and coaching.

The best thing about getting happy every day is that it's habit forming. These three steps changed the way I faced each day in less than a week.



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