

**15 things you should give up to be happy, by Luminita D. Saviuc's chapter titles:**

- 1. Give up the Past**
- 2. Give up your fears**
- 3. Give up your limiting beliefs**
- 4. Give up your excuses**
- 5. Give up your resistance to change**
- 6. Give up blaming**
- 7. Give up complaining**
- 8. Give up the luxury of criticism**
- 9. Give up living your life according to other people's expectations**
- 10. Give up your self-defeating self-talk**
- 11. Give up control**
- 12. Give up the need to always be right**
- 13. Give up the need to impress others**
- 14. Give up labels**
- 15. Give up attachment**