



DR. DONNA DAISY

Psychologist ~ Author ~ Speaker



Radio/TV Show Questions

1. Question: What inspired you to write your book, *Why Wait? Be Happy Now!*
2. Question: Some of our listeners are probably thinking, "Well, maybe they can do it, but there is no way I could possibly be happy in my situation." What do you think stands in the way of being happy for most people?
3. Question: What do you consider the most significant thing that researchers have learned in recent years about our ability to be happy?
4. Question: What determines each person's happiness set point?
5. Question: How do we get to the point where we can bring happiness to our circumstances rather than hoping our circumstances or perhaps another person can make us happy?
6. Question: What are some of the things people can do to focus on the positive?
7. Question: What about people experiencing extreme adversity – like the loss of a spouse, the loss of a job, or loss of their health?
8. Question: What about people who may not be in a crisis situation, but who would just like to raise their happiness set points?
9. Question: Your book is divided into two parts: Part I is Training Your Mind for Happiness, and Part II is Tuning Your Heart to Love. What would you suggest to our listeners to start training their minds for happiness?
10. Question: Are there certain life skills that contribute to happiness?