



dr. donna daisy & associates, L.L.C.  
Helping People Get The Results They Want

## Why Wait? Be Happy Now!

January 2012

### My Message for You

Happiness may be the most sought after experience in the World. Yet,

- Only 39% of people report being deeply happy.
- 1 in 10 Americans are now taking drugs to combat depression.
- World Health Organization predicts that by the year 2020, Depression will be in the top two medical concerns in the world, second only to cardiac problems.



I'm Dr. Donna Daisy. In today's fast paced world, all of us face challenging circumstances that threaten our happiness - job loss, financial concerns, health issues, loss of a loved one. My message to you is this:

*"The human spirit is an amazing thing. Given the right tools and strategies, each one of us can live a rich, full, satisfying life, regardless of our circumstances."*



### Taking On Life's Challenges One Day At A Time

"Adversity is one of the most potent forces in life. It shapes your character, clarifies your priorities, and defines your path."  
— Stephen R. Covey

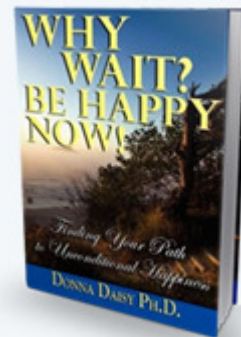
Hi Everyone,

As I was thinking about what I would like to share with you as we welcome the new year of 2012, my thoughts kept going to the question of "How do we cope with challenges in our lives?"

Whether we are "out there" experiencing life to the fullest, or choosing a quieter path for our lives, it is a given that each of us will cope with many challenges throughout our lifetime. Sometimes it is in the form of minor hassles such as having your battery go dead on your cell phone, or finding yourself stuck in a traffic jam.

### Give Some Happiness!

*"I recommend this amazing book to all of my patients as a core component of their health care strategy."*  
- Dr. Kathleen Wilson



Order Dr. Donna Daisy's  
**Why Wait?  
Be Happy Now!**

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### Lecture Topics

- Happier is Healthier! Why Wait? Be Happier and Healthier Now
- Aging With Vitality
- Master Your Stress Before It Masters You
- Mastering Your Mindset in Challenging Times
- How To Create The Retirement Of Your Dreams

Other problems, however, are more catastrophic and long-range, such as the diagnosis of a life threatening or fatal illness in yourself or a loved one. It is this type of setback that provides the greatest challenge, but also the greatest opportunity for stretching yourself to be more than you ever thought you could be. Here are some strategies for dealing with adversity that work for me:

### **-1- Take one day at a time**

Two years ago, while facilitating a discussion group on Aging With Vitality, I asked what advice each person would give to others who might be coping with difficult life situations. Several participants said, "I would tell them to take things one day at a time." One particularly inspiring woman who, along with teaching full time, took care of her husband throughout 15 years of significant illness, put it this way:

"As I look back on it, I know that I couldn't have made it through that journey without a way of life that I internalized from an article I read entitled 'Just for Today.' I realized that I could do something for twenty-four hours that would appall me if I felt I had to do it for a lifetime. My approach to life after his death has been much the same as my approach to his health situation — one day at a time. Take care of yourself for that day. Get up, get dressed, and participate in life. Surround yourself with friends. Don't let your mind dwell on the negative."

When life feels unbearable or unmanageable, people familiar with 12-step programs have long known the importance of implementing the "one day at a time" mindset. What many of us don't know, however, is 1) why this axiom is so powerful, and 2) how to go about living one day at a time.

The findings of research psychologist, Dr. Suzanne Ouellette-Kobasa, teach us that people who have a sense of control during a crisis suffer less and have fewer damaging effects from stress than those who view their situation as out of their control. A part of the power of the "one day at a time" approach is that we are inclined to feel a greater sense of control when we break a stressful situation down into more manageable segments.

### **-2- Quiet your mind**

The art of living one day at a time is more easily mastered when we learn to quiet our minds as a way to peaceful living. A quiet mind is healing and rejuvenating, but stilling the mind takes time, patience, and practice. It also requires the cultivation of awareness of your thinking. Negative thinking, in particular, can create anxiety, dread and worry, all of which tend to drain your energy and rob you of your peace of mind. Fortunately, there are specific mind/body techniques that teach awareness and quieting of the mind that can be quickly learned.

### **-3- Learn to meditate**

#### **• Training the Brain for Success**

- How to Increase Positivity, Productivity, and Profitability in Your Workplace

I have expanded the scope of my practice to include strategies for how to: De-stress, Rejuvenate, and Achieve peak performance.

This is accomplished by bringing one's heart rhythms into coherence so that the body's systems (cardiovascular, neurological, immune, etc) work smoothly and efficiently together.

This practice is one of the quickest, most powerful and most sustainable methods of reducing stress and maximizing well-being.

If you would like to learn more about how you might benefit from these stress reduction methods, please contact me:

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#### **Quotes to Inspire You:**

Follow Donna on Twitter for more inspiration.

"The times we are living in are calling us to a new level of love and service. What a joy to answer this call together." -- Deborah Moldow

Today is a gift you are given, and the only appropriate response is gratitude. -- Author Unknown

"Peace is not something you wish for. It's something you make, something you do, something you are, something you give away." R. Folgham

The greatest contribution a person can make to the world is to be happy!

#### **My Commitment to You**

As you know, during my husband, Charles' illness, I made a commitment to share with others the mindset, tools and strategies that literally changed our

In his book, *Don't Sweat The Small Stuff*, author Richard Carlson notes that the most universally accepted and regularly used technique for quieting your mind is meditation. In only five to ten minutes a day, you can start training your mind to be still and quiet — an experience that provides relaxation and teaches you to be at peace.

My favorite form of meditation is to simply sit in a quiet room, close my eyes, and focus my attention on my breath as I breathe in and out. As thoughts enter my head, I gently let them go and bring my attention back to my breath. I have found that with only a few minutes of this practice each day, I feel calmer, more relaxed, and more peaceful.

#### **-4- See the problem as a challenge and an opportunity**

The Chinese word for CRISIS combines the characters for danger and opportunity. You can focus on fearful, negative thinking, or you can quiet your mind and focusing only on the day at hand. In this way, rather than experiencing crisis events in your life as catastrophies, you can learn to see them as challenges and opportunities for personal growth that allow you to regain control and shape the life you want — one day at a time.

My personal goal for 2012 is to make every day the best day I can possibly make it, regardless of the challenges I face. It is my hope for you that these strategies might play some small role in helping you make each day of 2012 the best day possible as well!

life, allowed us to rise above our challenges, and live a rich, fulfilling life. I am now able to honor that commitment through my workshops, keynote speeches, my books, magazine and newspaper articles, and social media including LinkedIn, Facebook, Twitter, and my blog site.

Science has found the answers that make happiness and the achievement of our goals (career, weight loss, relationship, financial) within the reach of everyone. You don't have to change your genetics, have perfect circumstances or depend on other people to make you happy and fulfilled.

You can improve your relationships, and increase your health, wealth and happiness level dramatically by practicing daily habits of thoughts and behaviors that support happiness and success. It is these habits and behaviors that I teach in my book, *Why Wait? Be Happy Now!*

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