

# Why Wait? Be Happy Now!



Happiness Newsletter ~ Brought to you by Dr. Donna Daisy

July 2011

## 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."**

## Change Your Life

## Change Your World

Throughout my adult life, it seems that just about the time I get comfortable with my life, a new challenge or transition comes along.



In my forties, it was job transitions. In my fifties it was mostly things like getting accustomed to the new wrinkles and reshaping of my body parts. In the sixties it was my husband's illness, and the creation of a life together that would accommodate his medical needs, while maintaining the happiness and life satisfaction that we desired for whatever amount of time we had left.

Now, as I watch the news with ever growing concern over the staggering problems we are facing in the economy, in our environment, and in the world as we struggle to find a way to peacefully co-exist, I am realizing that a new transition is on the horizon.

In his speech delivered during the *Vancouver Peace Summit, 2009*, the **Dalai Lama** said, **"The world will be saved by the Western Woman."** My first reaction when I read his statement was, "Wow! He must be talking about the really brilliant ones, or the extremely powerful ones." But my next thought was that perhaps his words were truly a call to another transition – not just for me, but for everyone concerned about the future of our planet - - both women

## Lecture Topics

- Happiness At Any Age and How To Achieve It
- Aging With Vitality: How To Add Years To Your Life and Life To Your Years
- Manage Your Stress Before It Manages You
  - Happier Is Healthier. Why Wait? Be Happier – and Healthier – Now!
- How To Create The Retirement Of Your Dreams
  - How To Find Happiness in Difficult Times
  - Is Your Marriage "Retirement Ready?"
  - How To Increase Your Health – And Wealth – By Increasing Your Happiness.
  - Creating Relationships That

and men!

But how can those of us who have no special claim to fame or power be of help in the healing of the world? It seems to me that the change the world needs now isn't as much a change of politics, but a change in our hearts and lives.

In her book, *The Age of Miracles*, author and lecturer **Marianne Williamson** notes that **"We are in the midst of a great revolution – a time in which we will make a quantum leap from one era of human history to another. Things will be radically different over the next years as we enter either a new age of darkness or a new age of light."**

I believe that each of us can lead the way toward a more peaceful world by first moving toward a more peaceful self. It doesn't matter what political affiliation we hold. The time is now for us to put aside old competitive, distrust-filled attitudes toward each other, and hold a vision of a world in which we serve each other rather than compete, and bless each other rather than condemn.

**Gandhi** challenged us to be the change we want to see in the world. If the change we want to see is peace on earth for everyone, each of us can begin this journey together by practicing care and respect for one another in our personal lives.

Here are some action steps we can take to get started:

- **Live in harmony.** Today, choose to see the good in yourself and others rather than finding fault.
- **Practice kindness.** Reach out to others you don't know by smiling, opening doors, or allowing someone to take your place in line. Today, practice three acts of kindness.
- **Extend compassion.** Mother Teresa counseled us to "find someone who thinks he is alone, and let him know that he is not." Today, try living by this advice.
- **Listen.** Avoid multi-tasking when someone is talking to you. Stop what you are doing, and listen to the feelings behind their words. Today, be fully present for conversations, and be interested in what the other person is saying.
- **Forgive.** The Dalai Lama has said that holding onto anger and resentment is like holding a hot coal in your hand. You intend to throw it at the person with whom you are angry, but it is you who gets burned. Today, write a letter of forgiveness to someone. (You don't have to mail it.)
- **Make amends.** When appropriate, apologize to someone you may have hurt. In the words of John Jay McCloy, "Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them."

Just as we are making our transitions from one stage of life to another, the world is making an even greater transition. It needs a new vision – a vision of light. This old Chinese Proverb pretty much says it all:

***If there is light in the soul,  
there is beauty in the person.***

Work

- 15 Minutes A Day  
To A Happier,  
Healthier, Wealthier  
Life



**Dr. Donna Daisy is available for seminars, workshops and Keynote speeches.**

Check Donna's website at [www.donnadaisy.com](http://www.donnadaisy.com) and click on **Meeting Planners** or Contact Donna at **239-403-9506** or by email at [drdonna@donnadaisy.com](mailto:drdonna@donnadaisy.com)

Check out the **Community Section** of my website, [www.donnadaisy.com](http://www.donnadaisy.com) and my Dr. Donna Daisy facebook page discussion board.

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Daisy's Blog

***If there is beauty in the person,  
there is harmony in the house.***

***If there is harmony in the house,  
there is order in the nation.***

***If there is order in the nation,  
there is peace in the world.***

May we all be a source of light for ourselves, for others, and for the world.

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## 8 Ways to Inspire Others

Here is a link to an article that gives us more practical steps for how we can use our own lives to inspire others – or, in the words of Gandhi, how to “be the change we want to see in the world.”

[CLICK HERE 8 Ways to Inspire Others](http://www.marcandangel.com/2009/02/18/8-ways-to-inspire-others/)

or copy and paste the following url in your browser.

<http://www.marcandangel.com/2009/02/18/8-ways-to-inspire-others/>

### Great Advice from Dee Hock, founder of Visa

This advice from Dee Hock, the founder of Visa Cards, may have captured the essence of living well in the world in just these few short sentences. From **PhD in Leadership, Short Course:**

***"Make a careful list of all things done to you that you abhorred. Don't do them to others, ever. Make another list of things done for you that you loved. Do them for others, always."***

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## 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 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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Dr. Donna  
Daisy  
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**Happiness  
is a  
CHOICE!**

**Why Wait?  
Be Happy  
Now!**



**DonnaDaisy.com**



**FREE GIFT!!  
Let Me Hear From  
You!**

As I prepare materials for workshops and articles, I can better address your concerns if I know what is going on in your life.

I would love to hear a response from each of you to this question:

**In what area of your life would you most like to change the results you are getting (relationships, career, financial, health, other?)**

Please respond by going to my Dr. Donna Daisy facebook page, clicking on Discussion, and then writing your response on the wall. For each person who responds, I will send a free PDF copy of Chapter 1 of my book, Why Wait? Be Happy Now!

Just send me an email to [donna@donnadaisy.com](mailto:donna@donnadaisy.com) to

let me know you responded  
and I'll send your PDF by  
return mail!

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