



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

Why Wait? Be Happy Now!

November 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."



Forgive and Forget WHO ME?

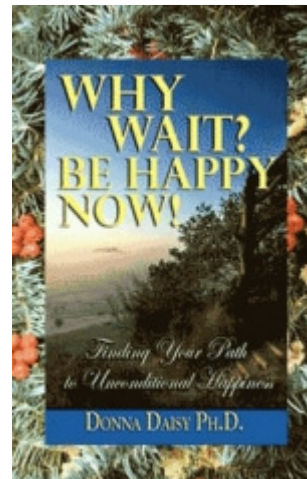
Most of us have, at one time or another, been told that we should forgive a person when he or she has wronged us. But the word forgiveness conjures up some highly charged responses. For some, it is a religious mantra that must be incorporated into our daily lives. Others tend to bristle at the concept of forgiveness, and think, "I have the right to be angry after what he did to me!" I must confess that I am a recovering "bristler."

I have read enough research to know that anger and resentment are likely to do far more damage to me than the person with whom I am angry. But learning to forgive (for me, at least) is a huge challenge. I even have trouble forgiving people I don't know. About the time I was writing this article, I happened to see an Oprah show on television in which she exposed puppy mills for the horror they really are. I sat and wept, and certainly didn't want to think about forgiveness. Instead, I wanted to do even worse things to those breeders than they were doing to their dogs. Needless to say, this incident forced me to seriously think

Give Some Happiness this Holiday Season!

Books make great gifts.

"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!**
for everyone on your
Holiday list.



Lecture Topics

- Happier is Healthier! Why Wait? Be Happier and Healthier Now

through the issue of forgiveness, and whether or not I would ever be able to “put my money where my mouth (or pen, in this case) is.”

Why should we forgive?

We pay a very high price when we choose to hold on to anger and resentment. According to Dr. Joan Borysenko, studies in the area of mind/body research have repeatedly shown that unforgiving people are more stressed, depressed, narcissistic, angry, and paranoid than those who forgive. In addition to emotional distress, they also have more physical symptoms than those who have managed to let go.

In addition to scientific research, many of the religious traditions have shared with us their wisdom about holding on to anger. My favorite is this from the Buddha: “Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned.”

Forgiveness, on the other hand, is healing. Forgiving yourself and others has been shown to boost your immune system and help you recover more quickly from illness. People who have forgiven others experience lower levels of physical pain, anger, and depression. In addition to the physical benefits, letting go of anger by practicing forgiveness can strengthen your relationships and, in the end, help you become a happier person.

What forgiveness is not

When you have been wronged, hurt, insulted, betrayed, or attacked by another person, there is always a decision to be made. Do I try to avoid that person? Do I seek revenge? Or do I take the higher road of forgiveness. If you are faced with such a decision, it might be helpful to consider what forgiveness is not:

Forgiveness is not reconciliation (the reestablishment of a relationship with the transgressor). Nor is forgiveness about condoning (which implies justifying, minimizing, or tolerating) or making excuses for the offender. Perhaps most importantly, forgiveness is not something you do for the benefit of the other person. What, then, is forgiveness?

What forgiveness is

Forgiveness is something you do for yourself – a shift in thinking that entails trying to let go of your hurt, anger and hostility, and adopting a more charitable and benevolent perspective. I have to admit that of all the happiness and well-being strategies that I try to incorporate into my personal life, forgiveness is the most difficult. Nevertheless, researchers assure us (and I believe this to be true) that letting go of past wrongs is a skill that can be learned, and the benefits are well worth the effort.

Getting started

- Aging With Vitality
- Master Your Stress Before It Masters You
- Mastering Your Mindset in Challenging Times
- How To Create The Retirement Of Your Dreams
- 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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Just for Today

By Kenneth L. Holmes

Just for today, I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Here are some tips that have been helpful to me as I work on my own forgiveness skills. As with any advice, take what is helpful and leave the rest.

1. Remember that forgiveness is a conscious decision that will benefit you physically and emotionally. It also helps you take responsibility for your own happiness.
2. Understand that forgiveness takes time. You may first need to work through emotions such as shock, anger, pain, and/or grief.
3. "Get it" that forgive and forget is probably an unrealistic ideal. You may never really forget what happened to you, but you can let go of it—and it is the letting go that allows healing.
4. Avoid the mindset that forgiveness is a weakness. It takes a stronger person to forgive than to attack.
5. Remember, you are forgiving the person, not the act.
6. Don't get discouraged. Forgiveness isn't for the faint of heart, nor is it easily achieved.

A good place to start is with a simple challenge to yourself. Choose someone in your life against whom you hold a grudge and forgive him or her. You can do this in person or only in your mind. In either event, you rid yourself of the harmful physiological and psychological effects of negativity and open yourself to a healthier, happier lifestyle.

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!***

Just for today, I will be happy. This assumes to be true what Abraham Lincoln said, that "most folks are as happy as they make up their minds to be."

Just for today, I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

Just for today, I will adjust myself to what is, and not try to adjust everything to my desires. I will take my "luck" as it comes, and fit myself to it.

Just for today, I will exercise my soul in three ways: I will do somebody a good turn, and not get found out. I will do at least two things I don't want to do - - just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today, I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody except myself.

Just for today, I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today, I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today, I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

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