

Why Wait? Be Happy Now!

Monthly Happiness Newsletter ~ Brought to you by Dr. Donna Daisy

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

- Less than 30% 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."

Message for October

Hi Everyone,

Did any of you happen to take part in any of the September 21 world peace activities? I received some beautiful videos and emails with inspirational messages that kept me reminded of this important date. In case you happened to miss out, I would like to dedicate this newsletter to the 2010 International Day of Peace, and the importance to our future that this day represents.

All of us wish for and dream of peace in this world. And even though we have our own stressors, day in and day out, as we step back and view the world from a larger point of view, we recognize that the world has great stressors as well. Some are political, some are economic, and some are environmental.

It is my belief that what the world needs right now is not so much a change of politics, but a change in our hearts and lives. It needs us to cooperate and support one another rather than compete. It needs us all to be focused on blessing one another, rather than blaming each other.

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."

We often feel like we are small and insignificant when it comes to such important issues as world peace. On the contrary. Now is the time for each one of us to take the first step toward leading the way toward a more peaceful world. We do that by first becoming more peaceful ourselves, releasing judgments and blame, and instead, tuning our hearts to love. The last half of my book, *Why Wait? Be Happy Now!* is devoted to exactly how we can tune our hearts to love. But for now, I would like to give you four of the steps you can take right now to start becoming the peace you want to see in the world:

1. **Be grateful in the present moment** rather than stressed about the future. Consider making a daily list of at least three things for which you are grateful. Choose different things each day. One of the benefits of this exercise is that it keeps you focused on the good stuff!
2. **Practice acts of kindness on a daily basis.** Seek ways to help others. The smallest acts of kindness can make a huge difference.
3. **Practice forgiveness.** A friend of mine, whose husband recently asked for a divorce, told me she was tired of her minister telling her to forgive him. I reminded her of the saying from Buddha that hanging on to anger is like holding a hot coal. You intend to throw it at the other person, but you are the one that gets burned. You aren't forgiving for the other person's benefit, but for yourself.
4. **Surround yourself with positive, like minded people and nurture those relationships.** Especially, let them know you appreciate them and respect them. Practice the five to one ratio (five positive interactions with them for every negative interaction.)
5. **Consciously bring forth your highest potential** in order to make your highest contribution to the world. Keep expanding your knowledge and wisdom. Keep growing as a person. Remember, life has only one exam – a final exam that asks two questions: How much did you love? How much did you learn and grow?

In case you didn't have the opportunity to see it, the following is the link to a beautiful video created by Heartmath, LLC. I encourage you to have a look. I believe that you will find that it is worth the "cut and paste" effort!

--- 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!*

NEW ADDITIONS!

I've added a couple of new workshops to my list of lectures and keynotes. The ones with the asterisks are new:

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

UPCOMING EVENTS:

If you are interested in a list of dates and locations of my upcoming events, you can always find them posted at my Google calendar (GINNY NEED WEB ADDRESS OF CALENDAR

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

Happiness is a CHOICE! Why wait? Be happy now!
