

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."

Science has now found the answers that make happiness 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. You can raise your own happiness level dramatically by practicing daily habits of thoughts and behaviors that support happiness. It is these habits that I teach in my book, **Why Wait? Be Happy Now!** and my seminars.

Seminars and Workshops

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

How To Increase Your Health and Wealth by Increasing Your Happiness

Why do we put forth so much effort to be happier? It turns out that happiness brings with it quite a few fringe benefits:

Health benefits:

1. Happiness strengthens the immune system, and results in greater overall physical health.
2. Happy people are 35% less likely to get a cold and they produce 50% more antibodies in response to flu vaccines than the average person.
3. Individuals who score high on happiness and optimism scales have a reduced risk of cardiovascular disease, hypertension and infections.

4. People who maintain a sense of humor, an indicator of happiness, outlive those who don't, and the survival edge is particularly large for people with cancer.
5. Happiness and health create a positive feedback loop. Improving on one improves the other

Wealth benefits:

1. Research has shown that over a lifetime, happy people make one million dollars more than their unhappy counterparts.
2. Happy people tend to have more energy, more focus, and more motivation than pessimistic people – all of which contributes to greater financial success.
3. Happy people are more positive. Other people tend to want to be around them as well as do business with them.

Miscellaneous benefits:

1. Happy people are more sociable and energetic.
2. They are more charitable and cooperative.
3. They are better liked by others.
4. They are more likely to get married and have satisfying marriages.
5. They are more likely to have greater networks of friends and social support.
6. They are better leaders and negotiators.
7. They are more resilient in the face of hardship.

Your Happiness Level:

50% of your happiness level is determined by genetics; 10% is determined by your circumstances, and 40% is determined by your daily thoughts and activities. This is the part you have control of! The more happiness habits you build into your daily life, the more you raise your happiness level.

Here is a way you can start increasing the happiness and satisfaction in your life.

Strategy: Take responsibility for your own happiness.

During my husband's four year illness, we were determined to maintain happiness and quality of life in whatever time we had left together. The first thing that we had to really "get" was that happiness is not "out there" somewhere. Happiness doesn't lie in some other circumstance or in other people in our lives. We also had to get over the myth of "I'll be happy when - - (Charley can walk again)". What we learned was that we always have a choice of what we focus on, and what we focus on will determine how we feel. Our mantra became "**Focus on what is still good in our lives.**" Happiness is a choice. You create your own happiness.

What gets in the way of your happiness?

These are the greatest culprits when it comes to undermining our own happiness:

- Blaming others
- Complaining (the average person complains 70 times a day)
- Blaming yourself
- Saying "I'll be happy when - - - "

Again - **Happiness is a CHOICE! Why wait? Be happy now!**
