

LISA CYPERS KAMEN

Speaker + Author + Creator & Host of Harvesting Happiness Radio Talk Show



MEDIA KIT

As Featured in

inspire ME TODAY®



THE HUFFINGTON POST

TEDx
x = independently organized TED event



BUSINESS INSIDER

San Francisco Chronicle

WALL STREET JOURNAL



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For Media Queries & Event/Booking Info

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#LISA CYPERS KAMEN



Lisa Cypers Kamen, MA, is an internationally recognized applied positive psychology coach, author, speaker, documentary filmmaker, and the creator, producer and host of the award-winning Harvesting Happiness Talk Radio show. Lisa's global practice focuses on addiction as well as trauma and life-crisis recovery, helping clients balance their minds, bodies, and emotions, creating a greater overall well-being, and transforming Post-Traumatic Stress (PTS) into Post-Traumatic Growth (PTG).

Lisa is a frequent radio, television, and print media guest expert, TEDx speaker, and a contributor to The Huffington Post, Positively Positive, and Inspire Me Today. Lisa is also the Fox News Radio Happiness Expert.

#PROFESSIONAL ENDORSEMENTS

"Lisa Cypers Kamen is an intelligent, compassionate, and experienced recovery and lifestyle management practitioner. I have worked closely with Lisa on numerous complex dual-diagnoses cases. Lisa has a calm and empathetic approach, which I have seen help to stabilize and heal clients. She has great energy, is highly motivating, and helps clients who have been struggling to just survive begin to thrive. Lisa is also very creative and uses out-of-the-box thinking to manage even the most difficult cases."

–Tracy Gottbetter, LMFT, Clinical Supervisor–Ventura Recovery Center Adjunct Faculty–Phillips Graduate Institute

“Lisa Cypers Kamen is a gifted recovery practitioner, coach, and accountability partner who is trained in a wide range of modalities to assist those who seek healing from addiction, trauma, mental health issues, and other personal crises. She meets her clients where they are and helps them proactively move forward in life by gently helping them identify realistic mission-driven goals and timelines that lead a wide range of clients toward positive choices that are realistic and measurable. Lisa is recognized for her applied positive psychology interventions as well as emphasizing the value of challenges as a catalyst for transcendence and transformation of their posttraumatic stress into post-traumatic growth.”

—**Noerena Abookire Ph.D., Grief, Loss, and Addiction Recovery Specialist, TheJourneyWithLove.com**

“I’ve had the pleasure of working collaboratively with Lisa on a variety of complex cases. Her genuine care and compassion differentiates her from the crowd, as she is an inspiration to her colleagues, clients, and their families. Lisa is an inspiring blend of energetic optimism and deeply empathic spiritual awareness, which most positively impacts her clients’ recovery. She is an exemplary professional who possesses a strong work ethic, and high level of motivation for her client’s well-being and lifestyle transformation.”

—**Gitty V. Rassouli Psy.D., ATR, Vantage Point Recovery and Lifestyle Management Center**

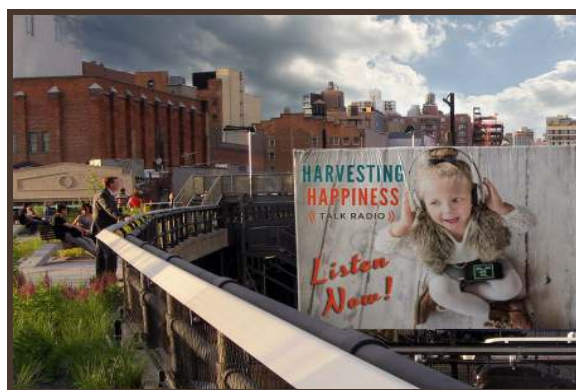
“Lisa Cypers Kamen is well-studied and uses her far-reaching collection of resources and information for effective and practical problem solving. When assigned to a case she always gives 110% and is relentless in her dedication to helping others achieve their goals. Lisa is dependable and reliable in all areas of care. She carries a spirit of victory that is contagious to be near and her work is unique, admirable and exceptional.

Lisa offers a distinct and creative method to Lifestyle Management Coaching by combining personal empowerment with affirming guidance. She leads clients through an inward path of self-awareness to find personal meaning, passion and inner-strength. As clients begin to connect with themselves they find their inner guide along with self-validation helping them to overcome personal barriers and struggles that have long existed giving them a new sense of direction. Lisa encourages clients to challenge self-imposed limitations and test the waters by exploring new and innovative ways of thinking leading to freedom and happiness.”

—**Rhonda David, MS, LMFT, Crossbridge Counseling**

“Lisa is an amazing educator, speaker and author who generates enthusiasm wherever she goes. She is an ethical and principled leader in our industry and strives to bring happiness wherever she goes. I could not speak more highly or with deeper respect and admiration about this incredibly gifted woman!

—**Denise Klein, CEO, Milestones Ranch Malibu**





HARVESTING HAPPINESS

((TALK RADIO)) *with* LISA CYPERS KAMEN

#ALL ABOUT LISA CYPERS KAMEN

SHORT BIO:

Lisa Cypers Kamen, MA, is an internationally recognized applied positive psychology coach, author, speaker, documentary filmmaker, and the creator, producer and host of the award-winning Harvesting Happiness Talk Radio show. Lisa's global practice focuses on addiction as well as trauma and life-crisis recovery, helping clients balance their minds, bodies, and emotions, creating a greater overall well-being, and transforming Post-Traumatic Stress (PTS) into Post-Traumatic Growth (PTG). She is a frequent radio, television, and print media guest expert as well as a TEDx speaker.

MEDIUM BIO:

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Cypers Kamen is the founder of the nonprofit Harvesting Happiness for Heroes, where she spearheads stigma-free trauma recovery and post-deployment reintegration services for military personnel and their loved ones challenged by the invisible wounds of war. Her mission is to serve others by re-awakening joy in their lives.

She is also a Healthcare Leader for WEGO, a mission-driven company connecting healthcare with the experience, skills and insights of patient leaders. Additionally, Lisa is a Qualitative Research Recruiter to medical, healthcare, and lifestyle industries in need of study participants for market research that supports design thinking and new product development.

LONG BIO:

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Harvesting Happiness Talk Radio

Lisa's award-winning, internationally syndicated podcast, *Harvesting Happiness Talk Radio*, features interviews with experts in the fields of personal-growth, self-improvement, and contemporary culture. Each broadcast offers insight, inspiration, and tips for "harvesting happiness" at home, at work, and everywhere in between. Check the Harvesting Happiness Talk Radio website for topics that are ever-relevant to maintaining a healthy lifestyle, improving relationships, making positive choices – even cultivating your professional network!

Harvesting Happiness

Harvesting Happiness is a consulting company dedicated to helping others thrive through passion, purpose, place, and meaning, offering lifestyle management services including but not limited to:

- ❑ Transformational Health & Wellness Speaking, Workshops & Training

- ❑ Positive Psychology Coach
- ❑ Addiction & Recovery Support
- ❑ Life Crisis Triage & Management
- ❑ Qualitative Research Recruiter

Happiness is not a static state of being, it is an action. When Harvesting Happiness, joy becomes a choice. When one accepts the past, stays present in the moment, a happy, optimistic perspective blooms.

Harvesting Happiness for Heroes

Harvesting Happiness for Heroes is a 501(c)(3) non-profit corporation that delivers stigma-free integrated combat trauma recovery services to Veterans and their loved ones challenged by the invisible wounds of war, including Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI).

FUN FACTS

1. Lisa is creator and host of the award-winning podcast, Harvesting Happiness Talk Radio, that has been on the air for more than 7 years, and attracts millions of listeners around the world each year.
 - ❑ <https://soundcloud.com/lisa-cypers-kamen/get-to-know-harvesting-happiness-talk-radio>
2. Lisa is also a documentary filmmaker and the producer of “**H-Factor: Where Is Your Heart?**” The 30-minute documentary shows Lisa and her daughter, Kayla, travel across the globe in search of the universal keys to human happiness. They interview people from all walks of life, asking just one simple question - “What makes you happy?” The film sets out to prove that every person, regardless of his or her personal circumstances, possesses the means to be happy.
 - ❑ https://www.youtube.com/watch?v=NHP3_Ejr8aU
3. Her leisure activities include hiking, meditating, indoor cycling, yoga, reading, cooking, and traveling.
4. Lisa also enjoys world music and spins her favorite tunes on *Joy Riding the Coast* on terrestrial radio several times a week.
 - ❑ @KBUU 97.5 FM. www.radiomalibu.net
5. Lisa is the former health and wellness editor of *Sleep and Wellness Magazine*.
6. Lisa is a TEDx speaker where she presented:
 - ❑ *The Mysteries of Fear*
 - ❑ *Harvesting Happiness Through Spoken Word*
 - ❑ *The Inversion Theory of Joy*

7. In her previous career, Lisa worked in the architectural, interior, and graphic design professions as a managing principal of an architectural product manufacturing company specializing in runway & taxiway signage, airport terminal, and transportation information systems worldwide.



#HEADSHOTS

If you need a high resolution of any of these photos please send an email to lisa@harvestinghappiness.com



#PRESS



INTERVIEW QUESTIONS

1. Your corporate tagline is, "Happiness is an inside job." What do you actually mean by that?
2. What is the secret sauce to happiness?
3. What exactly is Positive Psychology and how has it been so successful in your programming?
4. What tips can you offer us to help raise our "H-Factor"?
5. How can we find happiness when life is so stressful (I.E. death, divorce, destruction, trauma, illness, adversity)?
6. What is one of the biggest challenges people face today in finding long-lasting happiness?
7. You describe your military work as helping others to transform their Post-Traumatic Stress (PTS) to Post-Traumatic Growth (PTG). Explain what you mean by that.
8. There is compelling evidence that happy people live longer. Can you explain why?
9. In your documentary film, "H-Factor...Where Is Your Heart?", you talk about poor people, homeless people, and even prison inmates finding happiness. How is this even possible given their circumstances?

SPEAKING TOPICS

GPS for a More Joyful Life = Integrated Mind, Body, Emotions & Spirit

- How to Buy Happiness
- Lifestyle Architecture: Designing *the* Life You Love to Live
- Harvesting Happiness for Skeptics & Seekers
- Practicing Mindfulness over Mindlessness
- The Modern Hero's Journey: Transcending Failure & Adversity
- Adulting 101: Create Your Own Version of Success
- Tender Loving Choices (TLC's for Health and Well-Being)
- Adults Recess: Creative Play for Grown-Ups
- Zen & the Art of Failure
- "Inner-vention" - Spiritual Euphoria for Cynics & Emotional Pilgrims

- ❑ Happily Pissed Off: Complaint Management for Whiners & Crybabies
- ❑ Belief Manifesto: Connect Yourself with Yourself
- ❑ Rehab for Control Freaks
- ❑ A Positive Spin on Pain & Suffering
- ❑ Digital Detoxing in a Technologically-Driven World
- ❑ Self-Care for Stress Junkies
- ❑ Aging Gracefully in the Ripe Juicy Middle of it All
- ❑ Emotional Bootcamp for Mood Management & Substance Abuse Prevention – Schools, Colleges, & Universities
- ❑ Rested: Self-Care in a Harried World (*Rested. Solutions for Restorative Sleep and Well-Being* – Coming Soon 2018)

#MEDIA



- ❑ Redbook Magazine
- ❑ The Whitney Reynolds Show
- ❑ The Wall Street Journal
- ❑ CBS Money Watch
- ❑ Fox News
- ❑ ABC
- ❑ Huffington Post
- ❑ Positively Positive
- ❑ Inspire Me Today
- ❑ Business Insider
- ❑ Pivot TV-Take Part Live
- ❑ Jerry Doyle Show
- ❑ David Plier-WGN
- ❑ KLEAN Radio
- ❑ Dr. Kay Radio Show
- ❑ Life By Me
- ❑ Military Spouse
- ❑ New York Spirit
- ❑ Jewish Journal
- ❑ Tribe Magazine



- ❑ WAVY TV
- ❑ MSNBC.com
- ❑ MarketWatch, Reuters
- ❑ CBS Minnesota
- ❑ CBS Philly
- ❑ CBS Sacramento
- ❑ CBS New York
- ❑ CBS Denver
- ❑ CBS San Francisco
- ❑ CBS Chicago
- ❑ ABC 13
- ❑ ABC7
- ❑ Miami Herald
- ❑ URI.com
- ❑ KGO NewsTalk AM810
- ❑ NewsOK
- ❑ NewsDay.com
- ❑ URI.com
- ❑ Miami Herald
- ❑ San Francisco Chronicle
- ❑ MercuryNews.com

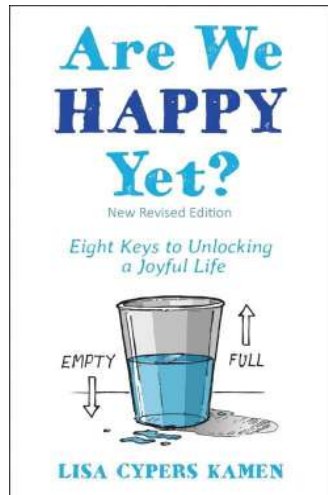


- ❑ MoneyShow.com
- ❑ Chron.com
- ❑ About.com
- ❑ TED.com
- ❑ Huffington Post
- ❑ The Miami Herald
- ❑ CBS Sacramento
- ❑ ABC 7
- ❑ Malibu Times
- ❑ Yahoo News
- ❑ CIO
- ❑ ABC 13
- ❑ Beyond the Dow
- ❑ CBS Chicago
- ❑ Salt lake City Tribune
- ❑ Happiness in Motherhood on ABC4 Utah
- ❑ Creating a Happy Family on ABC4 Utah
- ❑ HealthyLife.Net News with Jay Cruz Sex Talk with Lou Paget on Toginet

BRAND AMBASSADORS

- ❑ The Great Courses Plus
- ❑ Kopari Beauty
- ❑ Away Travel Luggage
- ❑ Bombas Socks
- ❑ Hello Fresh
- ❑ Jet.com
- ❑ Bark Box
- ❑ Story Worth
- ❑ Warby Parker
- ❑ Rx Bar
- ❑ Casper Mattress
- ❑ Audible.com
- ❑ Smile Direct Club
- ❑ Care.com
- ❑ Katie K Activewear
- ❑ Florida Dept. of Citrus

#ARE WE HAPPY YET? EIGHT KEYS TO UNLOCKING A JOYFUL LIFE



TITLE: *Are We Happy Yet? Eight Keys to Unlocking a Joyful Life*

AUTHOR: Lisa Cypers Kamen

FOREWORD: Robert Biswas-Diener, Ph.D

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2 LINE BOOK SYNOPSIS

Are We Happy Yet? Eight Keys to Unlocking a Joyful Life is an exciting fusion of science and heart, offering a guide in creating our own personal “happiness revolution.”

SHORT BOOK SYNOPSIS

Are We Happy Yet? Eight Keys to Unlocking a Joyful Life is an exciting fusion of science and heart, offering a guide in creating our own personal “happiness revolution.”

Lisa Cypers Kamen, an internationally known applied positive psychology coach, lifestyle management specialist and Harvesting Happiness Talk Radio show host, gives us the keys to her breakthrough system for cultivating sustainable well-being and happiness in our lives from the inside out—regardless of external circumstance. Lisa’s techniques combine mental, emotional and spiritual muscle-building training for greater resiliency, self-mastery and optimal living.

MEDIUM BOOK SYNOPSIS

Are We Happy Yet? Eight Keys to Unlocking a Joyful Life is an exciting fusion of science and heart, offering a guide in creating our own personal “happiness revolution.”

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emotional and spiritual muscle-building training for greater resiliency, self-mastery and optimal living.

Her inspiring and practical tips, keys, and exercises will boost your “Happiness-Factor” to new levels and show you how to tap into the joy and peace you deserve.

LONG BOOK SYNOPSIS

Are We Happy Yet? Eight Keys to Unlocking a Joyful Life is an exciting fusion of science and heart, filled with successful tools and techniques for creating your personal “happiness revolution.”

Lisa Cypers Kamen, an internationally recognized applied positive psychology coach and expert in life-crisis recovery, reveals her breakthrough system for cultivating sustainable happiness and well-being—regardless of life’s drama, trauma, or challenges.

Her inspiring and practical tips, keys, and exercises will boost your “Happiness-Factor” to new levels and show you how to tap into the joy and peace you deserve. You’ll learn how to:

- ❑ Accept the past for what it is—a reference point, not a destination
- ❑ Embrace the truth that while life is tough, you can be happy
- ❑ Transform your relationship with yourself from enemy to ally
- ❑ Appreciate why less is often more
- ❑ Focus on what’s right with your life, not what’s wrong
- ❑ Control the only person you can—yourself
- ❑ Invest in yourself to become more mentally, physically, emotionally, and spiritually fit
- ❑ Use your newly discovered joy to become a more positive and productive influence in the world—and much more

“As a reformed depressed person, I did not wander into my happy place. There was a personal evolution to my happiness revolution,” says Lisa of her own journey. A sought-after expert in life-crisis triage, including addiction and trauma recovery, she is acclaimed for her dynamic “H-Factor” process that makes it possible for anyone to elevate their well-being through attention, intention, and action.

Lisa’s proven techniques and work as host of the popular Harvesting Happiness Talk Radio show have helped millions of people around the world generate more joy and fulfillment in their lives.

WHAT MAKES ARE WE *HAPPY YET?* STAND OUT?

Are We Happy Yet? is nestled between medical, academic and self-help communities. Lisa uses evidenced-based modalities rooted in common sense and delivered in a no-nonsense user-friendly language. *AWHY?* is intended for average citizens across the globe who hope to find personal happiness and create a better life for themselves and for their families.



AWHY? is a reputable guidebook filled with information, stories, surveys, worksheets, interventions, and tools that are designed to help the reader increase his or her “H-Factor.” Lisa provides insight and real-world solutions to harvest greater personal happiness and well-being through proven practice regardless of the deck of cards life has dealt us.

AWHY? is not traditional clinical psychology, academic rhetoric, or self-help drivel. Most psychotherapy focuses on our past and “the why” we are the way we are, while *AWHY?* applies Positive Psychology techniques that reinforce what’s right with life, here and now, and illuminates “the how” to get where we want to go. Lisa shows readers how to experience life through a more positive lens, enhancing the way we live, love, work, and play.

Attention + Intention + Action + Practice + Experience + Repeat

#REVIEWS

“Lisa Cyfers Kamen is a master of positive thinking, and she’s on a mission to make the world a happier place—person by person . . . starting with you. The book is neatly organized around eight keys, and readers who feel they want more out of life but aren’t sure how to get it are likely to find at least one key to unlock the secrets of happiness that have eluded them.”

—**Stan Tatkin, PsyD, MFT, author of *Wired for Love***

“Lisa Cyfers Kamen blends a wellspring of professional experience, research, and tales from her personal school of hard knocks to demonstrate how and why our personal happiness not only really matters but is within our personal power to create. Follow the robust user-friendly eight keys contained within *Are We Happy Yet?* and you will find yourself happier for having done so.”

—**Christine Hassler, author of *Expectation Hangover: Overcoming Disappointment in Work, Love, and Life***

“Lisa speaks about happiness and courageous living while compelling us to listen. She knows how to overcome adversity and has gone beyond boundaries to reach us with compassion, trust, and fearless vision by challenging us to be responsible for creating happiness no matter what life brings. We can accomplish amazing things with greater courage, optimism, and intentional actions. She inspires me and all those she reaches with her wisdom.”

—**Agapi Stassinopoulos, author of *Unbinding the Heart***

“For skeptics and seekers, Lisa Cypers Kamen challenges us to explore where happiness really lives, especially after hardship. *Are We Happy Yet?* delivers a factual and practical approach with heart and humor to support anyone seeking a more empowered approach to life.”

—**Michelle Gielan**, author of *Broadcasting Happiness*

“In all of her endeavors and life study, Lisa poses the ultimate question that many are asking: *Are We Happy Yet?* Lisa shows you exactly how to transform your daily life into your bliss. This book pleasantly acts as a guide for the human being who doesn’t wish to settle for anything less—but to wake up and feel inspired and in joy every single day. I know you’ll enjoy this read!”

—**Kristine Carlson**, coauthor of the *Don’t Sweat the Small Stuff* series

“How to help people help themselves is both an art and a science. Lisa Cypers Kamen has captured both with her cheerful but skilled interactive exercises in a book about happiness—and who wouldn’t want to help themselves to achieve it.”

—**Jimmie Holland, MD**, coauthor of *Lighter as We Go: Virtues, Character Strengths, and Aging*

“In a world that seems to print only bad news, where friendships are virtual, and therefore too often without meaning, Lisa Cypers Kamen is a tonic for the weary soul. Kamen’s essential insight is in the tradition of the revered Abraham Lincoln who reminded us that ‘most folks can be happy if they just set their mind to be.’”

—**Douglas W. Kmieciak**, author of *Lift Up Your Hearts*

“In her inspiring book, *Are We Happy Yet? Eight Keys to Unlocking a Joyful Life*, Lisa Cypers Kamen delightfully shares her enthusiasm for the happiness that resides within each of us. She offers the reader an opportunity to remember how to let their light shine and practical keys for doing so!”

—**H. Ronald Hulnick PhD, and Mary R. Hulnick PhD**, authors of *Loyalty to Your Soul: The Heart of Spiritual Psychology*

“We spend our lives in pursuit of happiness and Lisa Cypers Kamen helps us go back to its source—ourselves. I highly recommend reading this book if you are looking for tools for leading a happier life.”

—**Tiffany Shlain**, Emmy-nominated filmmaker and founder of *Character Day*

“Do you want to be happier? If so, be kind to yourself and read this book. It’s loaded with practical, no-nonsense tips, and tools that will help guide you to a happier version of yourself.”

—**Michele Borba, EdD**, author of *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World*

#PRESS RELEASE

POSITIVE PSYCHOLOGY EXPERT ON TAKING CONTROL OF YOUR OWN HAPPINESS—TODAY!

Major depressive disorder is the leading cause of disability in the U.S., affecting around 15 million adults a year, according to the Anxiety and Depression Association of America. Add the current controversial political and social

climate to general everyday woes, and now, perhaps more than ever, Americans are in need of a lifeline.

Internationally recognized positive psychology coach and talk radio show host Lisa Cypers Kamen understands this, and is ready to help. Not only is she a sought-after expert in life-crisis triage, including addiction and trauma recovery, but she is a self-proclaimed “reformed depressed person.” She knows just how tough it can be to get out of the pit, and is determined to help as many people as possible do so.



“I did not wander into my happy place,” Cypers Kamen says about her own journey. “There was a personal evolution to achieving greater happiness after tremendous challenges. It took work, but it was a life-altering and liberating experience.”

Cypers Kamen is now revealing her breakthrough system for cultivating sustainable happiness and well-being, regardless of life’s drama, trauma or challenges, in her new book *Are We Happy Yet? Eight Keys to Unlocking a Joyful Life* – a fusion of science and heart, filled with proven tools and techniques for creating your very own “happiness revolution.”

Through practical tips, tools, and exercises, Cypers Kamen shows readers how to boost their “Happiness-Factor” to new levels and tap into the joy and peace they deserve. Through her wide-ranging decades-long career, she has redefined – for herself and for many others, worldwide – the pursuit of happiness, even during life’s most challenging times. *Are We Happy Yet?* draws on that expertise and shows readers how to take the applicable principles of positive psychology, and start using it in their daily lives.

“Positive psychology focuses on what’s right with life here, now and tomorrow, rather than ruminating on what’s wrong with it or what happened in the past,” adds Cypers Kamen. “*Are We Happy Yet?* helps readers embrace the absolute best parts of life, each and every day.”

Cypers Kamen has immediate availability for interview and commentary opportunities around the March 20, 2017 release of *Are We Happy Yet?*, which is also the United Nation’s International Day of Happiness, and can discuss:

- ❑ Recovering from Post Inaugural Stress Syndrome (PISS’d Off): Practical steps to reclaiming your happiness no matter what is happening around you
- ❑ Is happiness a pursuit or practice?
- ❑ Eight keys to unlocking more joy today

- ❑ De-stigmatizing psychological healthcare
- ❑ Are you numbing your feelings? Five positive ways to conquer stress without bingeing on food, drink or digital devices
- ❑ Less is more: Three reasons people who have less “stuff” are happier
- ❑ Reframing and transforming challenges: Why it’s never too late to create a happy ending, and how to do it
- ❑ The Fine Whine: Five signs you complain too much, and how to fix it
- ❑ Seasonal Affect Disorder (S.A.D.): Managing the winter blues

#TIP SHEET

EIGHT KEYS TO UNLOCKING MORE JOY TODAY

Have you thought about what brings you joy lately? It’s easy to daydream about adventures and opportunities that are not possible in the moment, but it’s what we do in the moment that counts most. It is the foundation for everything we hope to do in the future. Regardless of what you are pursuing, you should wish to pursue it with joy.

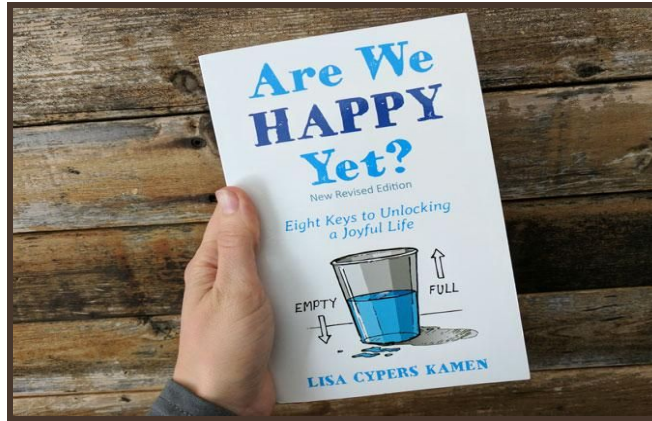
Finding out where to start with pursuing joy can be a challenge, but these eight tips to unlock more joy today are the start you need.

1. **Life is tough, but joy is available to all** by not attaching our expectations to money or material things we open up the possibility of gaining authentic joy from within. The two things most amazing about this type of joy is that no one can take it away from you, and everyone has the ability to find it. Joy is not an exclusive club—it’s welcome to all.
2. **Be your own guru** what makes you feel inspired and excited? It’s important to invest the time in understanding your behaviors and mannerisms. There is no other way to learn what you respond to and how certain things impact you. By doing this you are emotionally prepared for those more startling moments and better equipped to use your naturally-driven joy as a defense against the junk that may come your way. Joy creates optimism.
3. **More is not always better** it’s natural to want nice things, but with these “things” comes responsibilities. Big cars and homes come with big bills. All those awesome salt and pepper shaker collections from the places you’ve visited take up a lot of space and time when you decide to dust them. Additionally, things like clutter and large obligations are often challenging because they don’t necessarily give you more joy in the long run. Think before you buy.

4. **We cannot control life, only ourselves** it's good to have a plan in place in case something happens, but when you delve into the "what ifs" of life too intensely you are going to grow so distracted that you drop your joy along the way. Why spend time worrying today about tomorrow's unknowns (which are likely exaggerated in your mind)? Worry and joy are like oil and water—they just don't mix.
5. **Our joy is our personal responsibility** go to a mirror and take a look. You'll find something amazing, and you may have been looking for it for a long time. It's you. You are responsible for finding your joy. It's not a job that can be freelanced out or delegated to anyone else.
6. **Choose activities and people that foster joy** the world is our playground, regardless of what our physical abilities are. Seek out the activities and people that bring you joy, and cease these moments. You can do this best by engaging in activities and not being the bystander watching the parade go by, or viewing the action through the camera of your smart phone.
7. **Treat yourself the way you wish to be treated** if you don't show yourself respect through your thoughts and actions, you are setting a poor example of how you want others to treat you. This is impactful in our personal lives and our careers. You can show confidence and your expectations without being arrogant, and people will be inspired by this.
8. **Know this: your joy requires internal work** all of the visual and physical stimulation in the world cannot do as much good for you as ensuring that you are making sure you are internally healthy. Your thoughts, emotions, and love for yourself will impact every experience you have in life. So, if you want your life to be one of inspiration and joy, start by looking inside for the answers.

Changing the way we view ourselves and approach all aspects of our life to find more joy can be a tough challenge. It's good to know that all challenges grow easier with perseverance and time. By remaining resilient in your effort to connect with and maintain joy you'll be able to grow in amazing ways, many of which you likely are yet to consider.





#ARE WE HAPPY YET? BOOK EXCERPT

IMPROVING MENTAL MUSCLE TONE

These happiness exercises are designed to bulk up your emotional fitness and to help you focus on reprogramming your inner-thoughts so that you will feel more happy and positive.

- 1.** Look in the mirror. Try to smile and think sad thoughts at the same time. Can't do it, can you? Exercise your smile muscles a bit each day, increasing the exercise time to 5-10 minutes more every day.
- 2.** Step on a treadmill and crank it up to 4.0 mph. Turn up your iPod and try to walk fast or run on the treadmill and yet think sad thoughts. Can't do it, can you?
- 3.** Blast some happy music in the car and then try to feel sad. Can't do it, can you? (Salsa music is my personal favorite.)
- 4.** While driving in your car, alone preferably, put on one of your favorite CD's and sing along. No one can hear you, so you're safe if you can't carry a tune. Singing out loud makes you feel happier and it is impossible to feel sad. Try it!
- 5.** Join a gym, take your dog on a daily walk, or take dance classes. Make a schedule that you will get some type of enjoyable physical exercise at least 3 to 4 times a week. Stick to that schedule no matter what happens. Studies show that exercise puts people in a better humor, especially those whose spirits were the lowest before they started to work out.
- 6.** Call one friend and make a concerted effort to sound and be upbeat. Make plans to meet that person and do something fun together. Each day call another person, even a new acquaintance. If you are feeling lonely, reach out to someone you may have just met.
- 7.** Join a bicycle club, a hiking club, a church group, a book club, a car club, a board game club, or bridge group—any positive activity that gets you

out of the house and redirects your attention from thinking about yourself and your problems.

8. Get out of your comfort zone and do something different. Sign up for a cooking class or an exotic vacation.
9. Write down three things that you would love to do but have been too afraid to do. Sign up to go ballooning, river rafting, or parasailing. Join a ski club. Take scuba diving lessons.
10. Participate more in life and get outside of yourself. Become a political or animal rights activist. Train for a “fun run/walk” , a marathon, or some event that stretches your body and mind . Reach out to meet new people and make more diversified friends.
11. When you get in bed every night, before you fall asleep, make sure you identify at least one exciting reason to wake up in the morning.
12. Program your dreams. Decide what you want to dream about before you go to sleep. Or pose a question for your subconscious mind to answer while you slumber. Also set the intention to remember the dream and to receive clarity about an important issue.
13. Always go to sleep believing that when you wake up life will have a wonderful surprise for you. Believe it or not, you’ll get that surprise.
14. Write down when something is bothering you. Then write down one or more ways that you can alleviate the problem in a positive way. Put the paper away for 24 hours. After 24 hours, take out the paper and either take the action you wrote on the piece of paper or throw the piece of paper away and decide to let go of what you wrote that was bothering you.
15. Write down each of your problems in one sentence only, each on its own index card. Then arrange the index cards in order of importance. For each problem, write down 3 possible solutions. Start by tackling the first problem. Decide which is the best of the 3 solutions and then do it. When that problem is solved, tear up the index card and throw it away. Go on to the next index card.
16. Write each problem on a separate piece of paper. Once you have solved the problem, put it in a flameproof dish and light it on fire and burn it.

**“A successful man is one who can lay a firm foundation
with the bricks others have thrown at him.”**

~ David Brinkley ~



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