

GET HAPPY NOW!

Theresa Z. Tsosie

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Make a lighthearted comment instead of buckling under stress. If, like most of us, you feel frustrated, worried, angry, pessimistic or disappointed, with the challenges of everyday life, it is critically important you read. Book of the month: Spark Joy.

Get happy now, and live ten years younger. There are several methods that are recommended. Sylvain Sonnet via Getty Images. Cook a meal for a neighbor who just had surgery. Think Web Strategy. Become aware of self-demeaning chatter inside your head, and interrupt it whenever you. In a study cited in Shawn Achor's book The Happiness Advantage three groups of patients treated their depression with medication, exercise, or a combination of the two.