

take away more than life's joy.

Why would we chose to stay in a mindset that can make us feel sick?

Possibly because we have never been taught the significance.

The short version is that being unhappy is stressful. Whether you're unhappy at home or unhappy at work. Stress hormones and chemicals are triggered and immediately flush through your body. You feel stressed.

Unfortunately the facts are in, stress is the leading indicator for heart disease and kills for men and women on this planet, than any other cause. But that's the simplified version.

Because not ALL STRESS is bad.

Happy people are loving their lives, even when they are stressed.

I know you have been happy before. It is naturally fun and enjoyable to be around happy people. Is their life easier, luckier?

Probably not. But how they deal with stress or events and experiences of their day may be different. Therefore they remain happy, regardless of circumstance.

Others learn to create and practice and sustain happiness. And now we know, happiness has been proven to transform health, have successful marriages, lasting family relationships and friendships and build fabulous careers.

The facts are that happy people have greater love lives, make more money, are offered more promotions that enhance their careers.

Simply put, they are loving life, on many levels.