

GLAD, GLAD, WORLD

The happiest women alive



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WHAT IS THE HOUSE OF GLAD?

I think of the four core emotions being houses: glad, sad, mad, and scared. The House of Glad is a place where joy can be ever-present. If you

decide to live continuously looking for ways to enjoy the moments in your life, you can live in the House of Glad. To quote James Taylor: “The secret to life is enjoying the passage of time.”

HOW DO YOU GET TO THE HOUSE OF GLAD?

Pay your RENT. *Rest*: People don’t get enough sleep. *Exercise*: Even a small amount every day makes people happy. *Nutrition*: There is lots to say about this, but here’s one golden nugget—coupling a protein with a fruit creates an enzyme dynamic that can create happiness within the mind. *Thoughts*: It’s the power of positive thinking, which is rooted in repetition. Even if you just say, “Relax. Breathe.” Or “I am fabulous. I can do this,” or

whatever mantra might work for you.

TELL ME ABOUT BREATHING.

Breathing is your most easily accessible, yet most underutilized, stress reducer. The 4-4-6 method is an easy way to practice focused and structured breathing. All you do is inhale and count to yourself, 1, 2, 3, 4, then hold it for 1, 2, 3, 4, and exhale for 1, 2, 3, 4, 5, 6. After doing a few short sets you will notice positive results through a renewed sense of energy. The next time you feel stressed, say “Inhale” and watch your breathing to work its magic.

CAN YOU BE TOO HAPPY?

People can be inappropriate in showing their happiness in some situations, but inside you can’t be too happy. It’s not euphoria, not laughing hysterically. It’s a feeling of certainty and that all is well.

WHAT IS THE SINGLE BEST THING TO DO EVERYDAY TO ACHIEVE HAPPINESS?

Stop and look around and appreciate the now. Happiness is the ever-present feeling that is always with you. Try to see the good in everything.

HOW DOES HAPPINESS TRANSLATE TO SUCCESS?

People like to be around people who are positive and friendly. Some people are over the top and it’s hard to believe them. But if you’re authentic, people want to be with you, to listen to you, and do business with you. ■