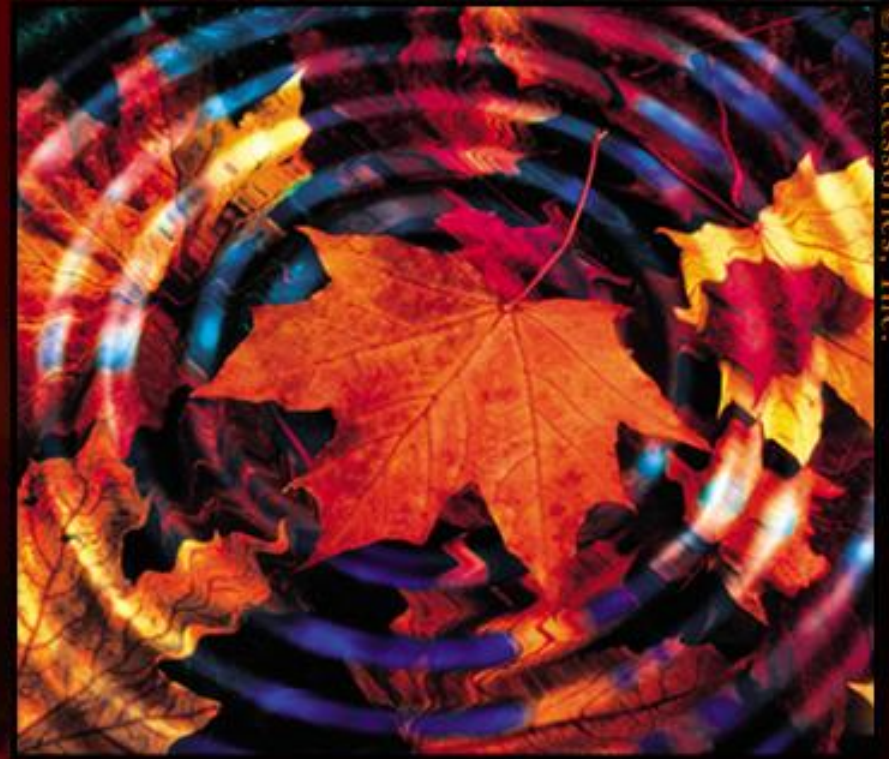


*The Surprising  
Science of  
Happiness  
(Happiness Plus 1)*



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**THINK CHANGE**

WHAT SEEMS LIKE ONLY A RIPPLE TODAY...  
CAN BECOME THE WAVE OF THE FUTURE.

THINK CHANGE





# Happy People on Average...



- Live 9 years longer
- Have 50% more antibodies than average in response to flu vaccines
- Are 31% more productive
- Increase sales 37%
- Doctors on average come up with the correct diagnosis 19% faster



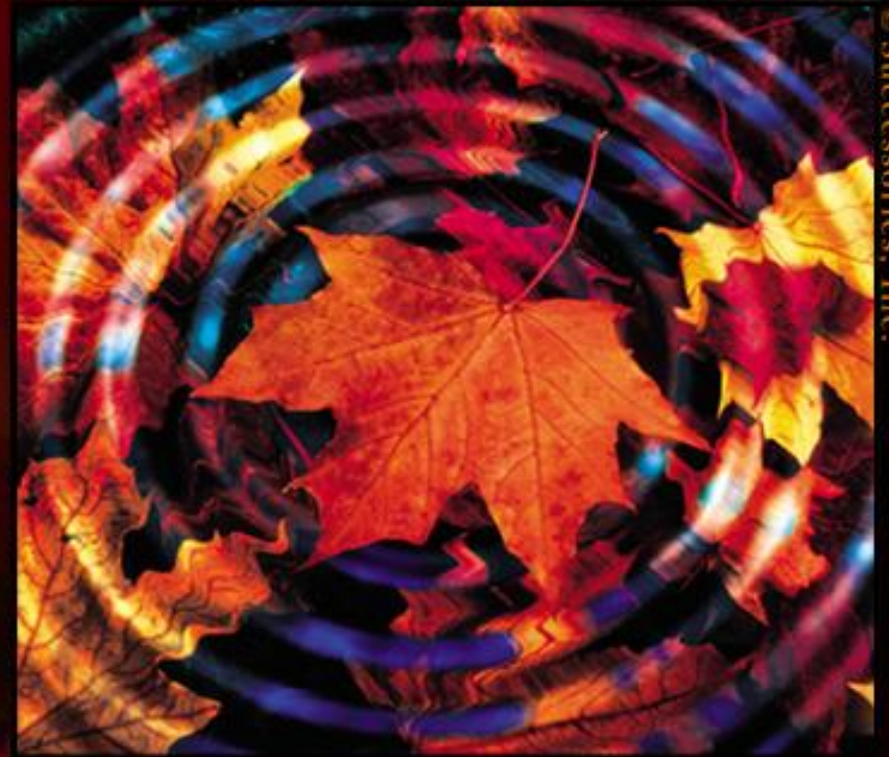
# Benefits to the Business?

- Companies with happy employees outperform the competition on average by **20%**
- Employees who report being happy at work take **10 times fewer sick days** than unhappy employees
- **36%** of employees would give up **\$5,000** a year in salary to be happier at work





*Live Happy...  
Plus 1!!!!*



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WHAT SEEMS LIKE ONLY A RIPPLE TODAY...  
CAN BECOME THE WAVE OF THE FUTURE.

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## Consider Your Happiness

Check the one statement below that best describes your average happiness.

- 10. Extremely happy (feeling ecstatic, joyous, fantastic)
- 9. Very happy (feeling really good, elated)
- 8. Pretty happy (spirits high, feeling good)
- 7. Mildly happy (feeling fairly good and somewhat cheerful)
- 6. Slightly happy (just a bit above normal)
- 5. Neutral (not particularly happy or unhappy)
- 4. Slightly unhappy (just a bit below neutral)
- 3. Mildly unhappy (just a bit low)
- 2. Pretty unhappy (somewhat “blue,” spirits down)
- 1. Very unhappy (depressed, spirits very low)
- 0. Extremely unhappy (utterly depressed, completely down)







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Dan Gilbert:

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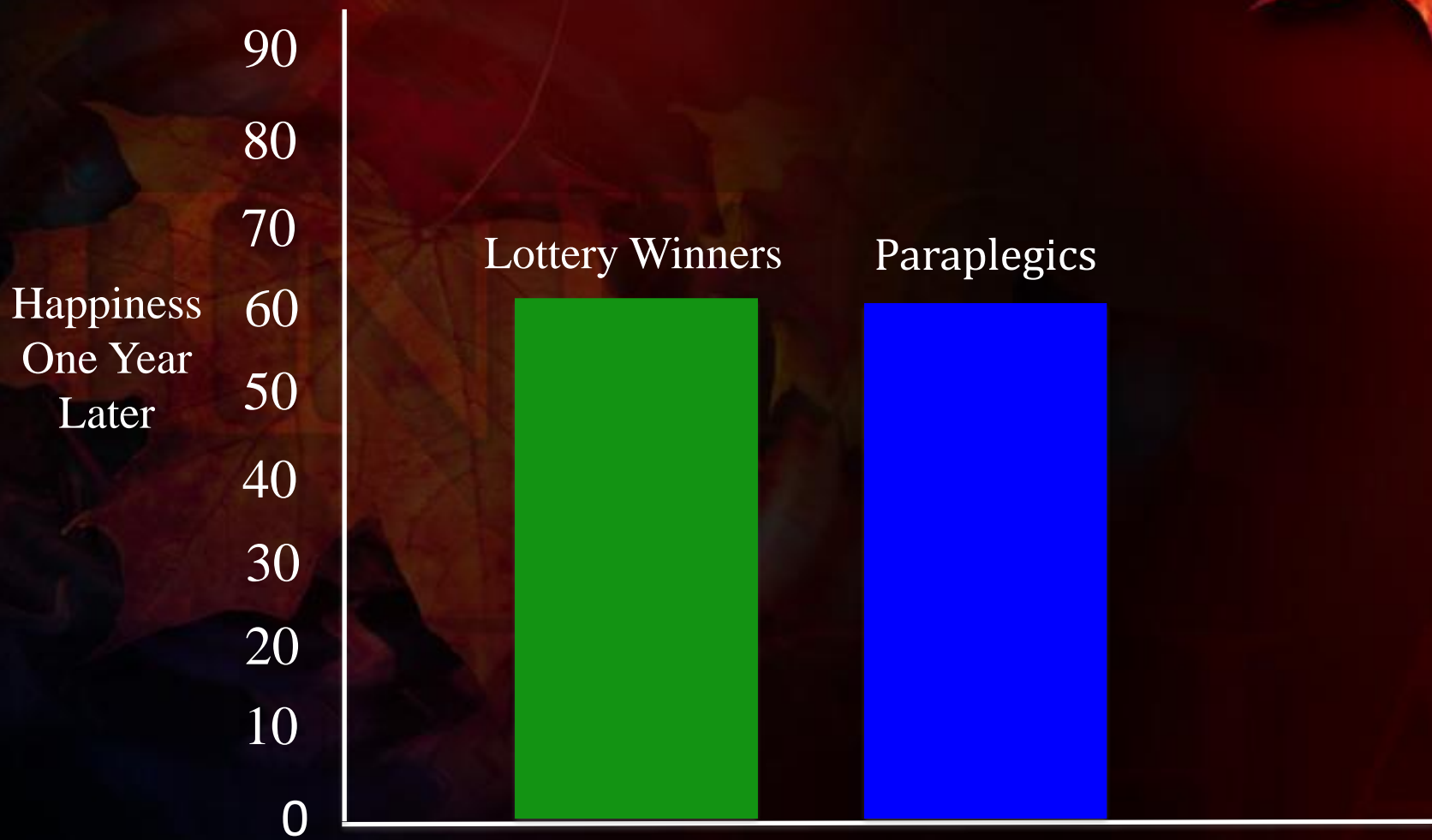


THINK CHANGE



# Lottery Winners









# HAPPINESS

by Anna Vital

depends on your



genetics

50%

40%

10%

cannot control  
can control

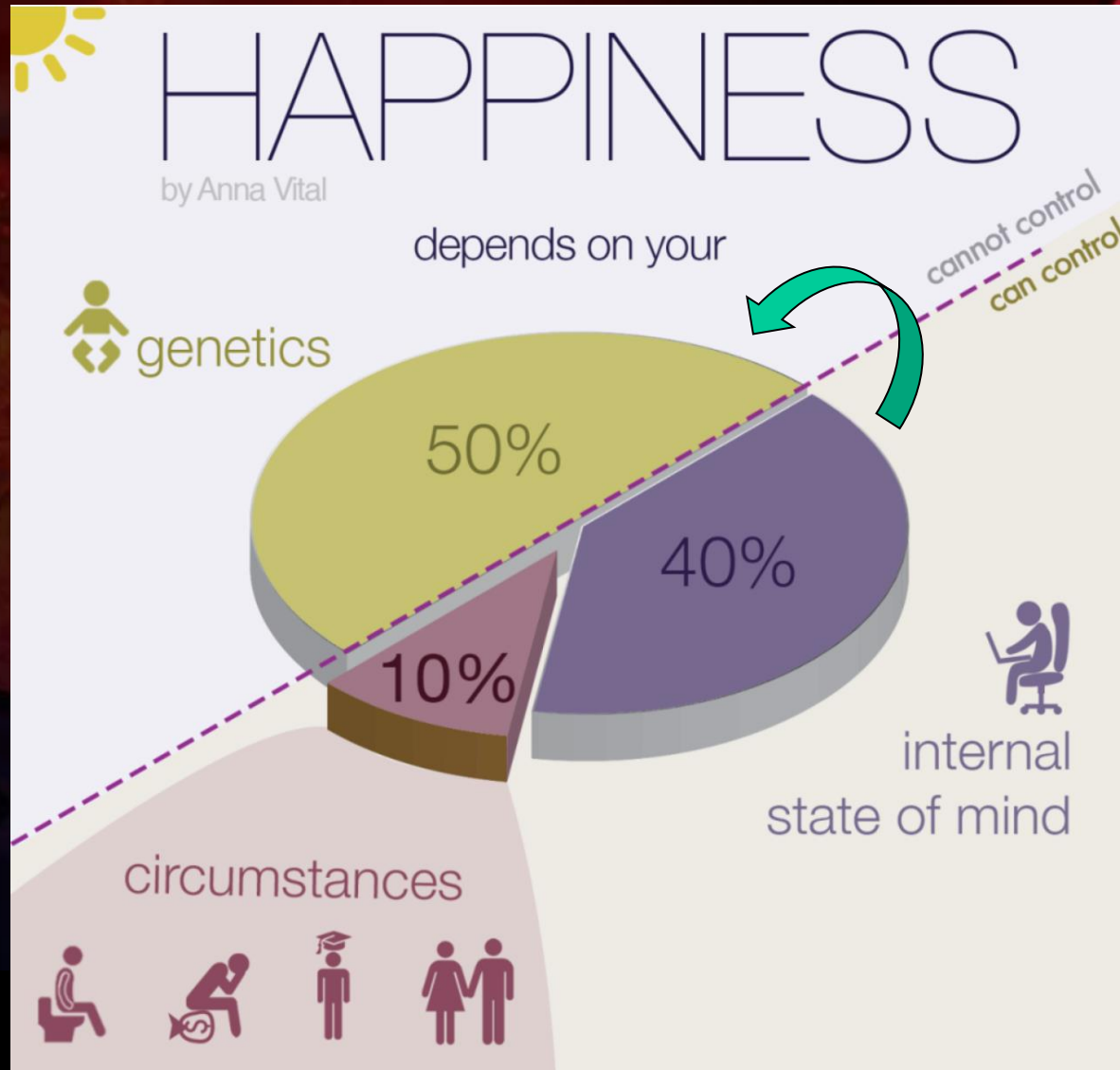


internal  
state of mind

circumstances



# Bruce Lipton – Biology of Belief







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## Happiness Advantage

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### 3 Gratitude's

**Write down** three NEW things you are grateful for EVERY DAY... 21 days in a row. IF you do this, your brain will retain a pattern of scanning the world NOT for the negative but rather for the positive at first and attract more positive into your life.

### Journaling

Journaling about one positive experience EVERY DAY from the past 24 hours allows your body to relive it. (21 days in a row)

### Random Acts of Kindness

When you FIRST open up your Inbox... write one positive email praising or thanking someone in your social network for their gifts, talents and skills and how it has positively influenced your life.

### Exercise

Exercise teaches your brain that your behavior AND body matter. Exercise in one form or another 21 days in a row for 20 minutes.

### Meditation

Meditation allows your brain to get over the cultural ADHD we've become so accustomed to by trying to do so many tasks all at once. Meditation trains our brain to focus on the task at hand and live in the moment. Sit in silence for 10 minutes 21 days in a row and meditate on NOTHING. (If you need assistance on HOW to meditate check out Google for guidance on how to mediate)



# 5 Gratitude's EVERY Day

Develop the habit  
of Think and  
Thank!

## 21 Day Grateful Challenge

Set aside five free minutes each night for the next three weeks, preferably right before brushing your teeth for bed. Prepare a pad with one page for each of the next twenty-one days. Then think back over the previous twenty-four hours and write down, on separate lines, up to five things in your life you are grateful or thankful for. Common examples include “waking up this morning in a warm bed,” “the generosity of \_\_\_\_\_, my dear friends” “God for giving me determination, curiosity, etc,” “wonderful parents,” “robust good health,” a great husband, Jim Hoven © and “the Rolling Stones” (or some other artistic inspiration).

## Practice Session: I am Grateful For...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# Journaling...

Day One Classic File Edit View Window Help

DAY ONE

1363 Entries, 909 Photos

May 2019

THU 16



Today I am grateful for the rains that fell late and lightning that sounds so powerful for peaceful. I am grateful for speaking at Emmanuel

WED 15



Today I am grateful for another beautiful in the green grass... the fresh smell... and that grateful for Dr. Ken and his wife (Verah) for the birth

TUE 14



Today I am grateful for another sunny day back yard. For the patients we get to help for the coffee that tastes so good this morning. For

MON 13



Today I am grateful for Monday and a list of things to do for going to Hector to see Chelsey and Lisa and letting doctor Ken observe/ see their clinic. I am grateful for the sunny morning, stretching, using lacrosse balls on my b...

SUN 12



Today I am grateful for going home. For the fun we had last night at the Spring Bash banquet... for the check for \$6348 that we can and will pay down the boat... for Chris Button who is taking us to the airport... and finally, for spending a couple...

SAT 11



Today I am grateful for being in the Domka Outdoors shop. For helping them make a PPT for tonight's banquet. I am grateful for Cole painting, David showing him how to do a better job and coming up with new colors and new baits all the t...

FRI 10



Today I am grateful for being in Michigan. I am grateful for Dave and Erin Domka, for their kids... for Chris Button, Ron and everyone at the shop who works so hard to do great things. I am grateful for this house (Chris's mother-in-law) and a v...

WED 08



Today I am grateful for 13 people who were at the talk last night. For the new patient, Dawn who trusts us so to help her. For a day where Dr. Ken and I will travel to the lake to meet up with Pete so that he can spend a few days with him while I'm in michigan. I am grateful for going to Michiga...

TUE 07



Today I am grateful for my mom. 5 years ago she passed away. I am grateful for all of the life lessons she shared with me. I am grateful I inherited her left-handedness and her sensitivity to help others. Mostly however, I am grateful for her amaz...

MON 06



Today I am grateful for getting the news yesterday that our fish was the big fish for the Spring Bash Fishing Tournament. I am grateful Cole made me enter... I am grateful for using the money to pay down the debt on the boat... I am grateful for Cind...

SUN 05



Today I am grateful for warm coffee... early morning rises... for Congo and his relaxation moan... for sunshine in the morning and the beautiful quiet that comes before everyone else wakes up. I am grateful for Sunday to enjoy

Enjoying Day One?

Not Really Yes

September 2019

TUE 10 Today I am grateful for being home and going back to work... 7:51 AM CDT

MON 09 Today I am grateful for Monday and the start of a great week... 10:47 AM CDT

SUN 08 Today I am grateful for Sunday in Micminville... for be... 11:40 AM CDT

FRI 06 Today I am grateful for being in Portland. for this beautiful, old hotel we're staying at called the 3r... 8:57 AM CDT

THU 05 Today I am grateful for being in Portland with Carrie. I am grateful for the great tasting wine we've alr... 8:58 AM CDT

MON 02 Today I am grateful for Labor Day. What a nice holiday to mark the turn from summer to fall. I am grat... 7:01 AM CDT

SUN 01 Today I am grateful for a new month! September!!! I am gr... 8:51 AM CDT

August 2019

Journal

Today I am grateful for being home and going back to work. For a healthy, happy grandson... I am grateful for being able to see patients today and do a happiness talk for Barron. I am happy to have people like Carrie Puhalla in my life and Peter Drubin who are going to be setting up their facebook marketing process to see how we can get it to work with the rest of AM... and finally, I am grateful for meeting new faces and new patients today to help improve their overall health!!

August 2021

THU 05 Today I am grateful for a new day. A day to see, meet and treat new people. I am... 7:28 AM CDT

WED 04 Today I am grateful for all the work I did yesterday ranging from chipping awa... 6:16 AM CDT. 8811 Lakeview Dr. Ch...

TUE 03 Today I am grateful for my Grandsons and how full of energy they are... I am gra... 7:05 AM CDT

MON 02 Today I am grateful for going to see Dylan and Carson... changing the tire... 6:44 AM CDT

SUN 01 Today I am grateful for Sunday. I am grateful for resting... writing in my journal... I am grateful for meeting Dian... 7:12 AM CDT

July 2021

SAT 31 Today I am grateful for Saturday... for getting up and Carrie and I going to get our Covid shot. I am grateful that I... 7:41 AM CDT

FRI 30 Today I am grateful for Friday. I am grateful to be going to Wynns Outlet's fu... 7:03 AM CDT. 8811 Lakeview Dr. Ch...

THU 29 Today I am grateful for the Carr family. I am grateful for their donation to the KMA... 8:01 AM CDT. 8811 Lakeview Dr. Ch...

WED 28 Today I am grateful for going to my first outside rotary meeting in wacoua as an Assistant Governor. I am grateful for me... 6:29 AM CDT

TUE 27 Today I am grateful for the work. Marc did at our cabin scrubbing the driveway and... 4:25 PM CDT

MON 26 Today I am grateful for the rain that fell last night. I am grateful for the coolness

THU 05 Today I am grateful for my Grandsons and how full of energy they are... I am grateful for Cole and Ali and their parenting skills. I am grateful for Ross and Anne and the relationships they've been in and the work they put into being better people. I am grateful for "To Do lists" and the organization they help me accomplish. I am grateful for my health and ability to function actively at a pretty high level. And finally, I am most grateful for my young mind. I "THINK" I'm 21 years old.

# Random Acts of Kindness



When you  
thinking so

praising or  
d skills and

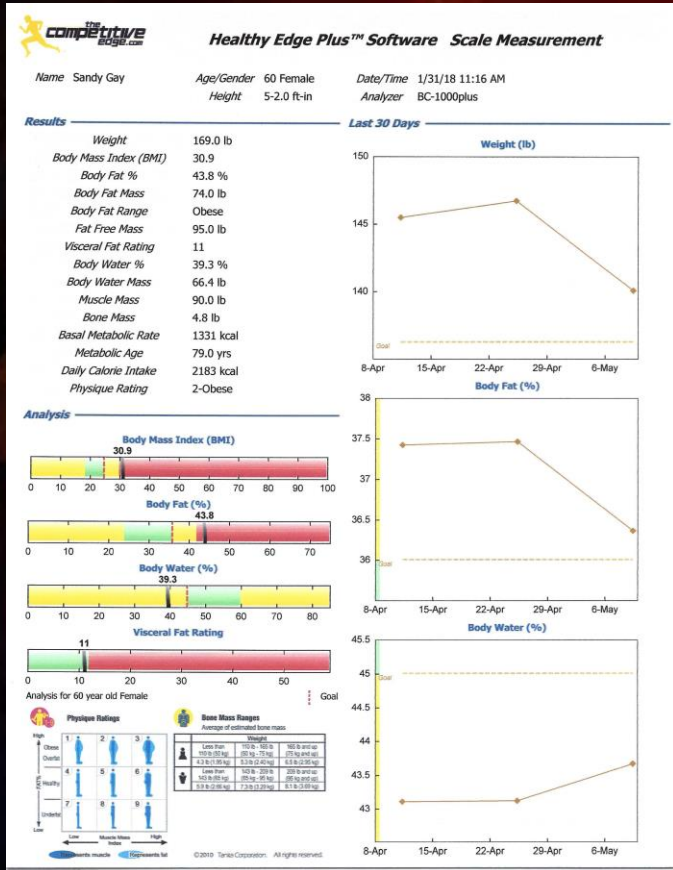
how it has positively influenced your life.



# Exercise...



# Minnesota Metabolic Weight Loss



drd@mmw-1.com





### Methyl Support

Bioactive L-5-MTHF for Supporting Healthy Folate Levels\*  
 Methyl Pro is now named Methyl Support.

Methyl Support is a unique formula that contains the biologically active, methylated form of folate called L-5-methyltetrahydrofolate [L-5-MTHF]. Many B vitamin supplements contain folic acid, which requires additional metabolism and enzymes before it is readily utilized by your body. BioFolate® found in Methyl Support provides pure calcium L-5-MTHF for supporting healthy folate status, regardless if you lack the necessary enzymes to properly utilize folic acid.\*

Research suggests that folate can support cardiovascular health by effectively promoting healthy homocysteine levels.\* L-5-MTHF is the preferred form of supplemental vitamin B9 for many people as there are a number of common polymorphisms of folate metabolism, which can lead to imperfections in critical biosynthetic pathways (and ultimately, health complications).

In turn, research-backed benefits of Methyl Support supplementation may include:

- Supports cardiovascular function and healthy hormone metabolism\*
- Supports nervous system function and healthy mood\*
- Helps support and maintain cellular integrity\*
- Supports DNA synthesis\*
- Supports healthy inflammatory response\*



Availability: In Stock

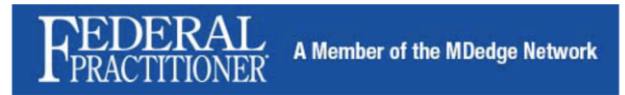
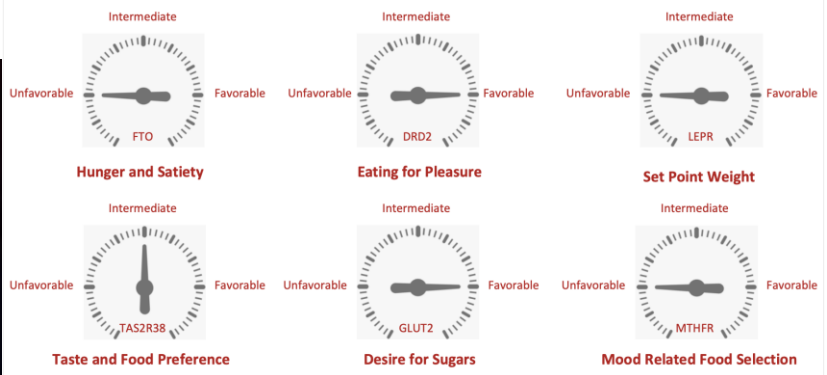
Sku# R110



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#### Markers Related to Healthy Behavior

These indicators affect how easy or difficult it may be to engage in healthy habits such as limiting portion size and choosing foods that are higher in nutrients and lower in calories.



[Fed Pract.](#) 2019 May; 36(5): 207–208.

PMCID: PMC6530664  
 PMID: [31138974](#)

### Methylenetetrahydrofolate Reductase Screening in Treatment-Resistant Depression

[CAPT Courtney E. Kandler, MD, USA, MC](#)<sup>1</sup> and [MAJ Sherrell T. Lam, MD, USA, MC](#)

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Therapeutic response to antidepressant drugs is often partial. Multiple trials of medications may be prescribed before a patient achieves remission of symptoms. Further, no universally accepted definition for treatment-resistant depression (TRD) has been established. The most commonly proposed definition (and the definition used in this article) is the failure to achieve remission with 2 or more adequate antidepressant treatments.<sup>1</sup>

About 20% to 30% of patients with depression are treatment resistant. The overall Canada-wide prevalence of TRD in primary care was 21.7%.<sup>2</sup> In the US, about 15.7 million adults have had at least 1 major depressive episode in the past year, and 10% to 15% of major depressive disorder (MDD) cases can be classified as treatment resistant.<sup>3,4</sup> In a retrospective, longitudinal cohort analysis in a Medicaid population, 25.9% of pharmacologically treated adults with MDD met criteria for TRD.<sup>5</sup> Similarly, TRD in this review was defined as starting a third treatment regimen after 2 adequate regimens of antidepressants.

Fed Pract



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## The happy secret to better work

TEDxBloomington · 12:20 · Filmed May 2011

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Robert Waldinger:

## What makes a good life? Lessons from the longest study on happiness

TEDxBeaconStreet · 12:46 · Filmed Nov 2015

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Nic Marks:

## The Happy Planet Index

TEDGlobal 2010 · 16:49 · Filmed Jul 2010

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# Excuse Me Your Life is Waiting

## My Favorite Things

Anne – When I think of her belly laughing in her sleep  
Blue – My Dad's blue eyes  
Carrie  
Cole – My son!  
Chiropractic... my divine design!  
Dynamic – Carrie once described me as dynamic  
Elk hunting with Cole and Ross  
Fishing – with my sons  
Friends – I have a few GREAT friends  
God – the alpha and omega and still He loves me  
Hole-in One – With Steve Sowieja, John Clouse and Brian Boen  
I – Imagination (God gave me the gift to dream... and I do)  
J – Jesus Christ died for my sins so I wouldn't have to.  
K – Kids (we were never supposed to be able to have our own  
Love – "...and the greatest of these is love."  
Lucy, my best dog EVER!  
Mom – She always liked me best. ☺  
Nancy – my favorite secretary... EVER  
O'Neill (Pat... my steady, loving sister)  
Passion (it keeps me loving what I do)  
Quit – "~~Neubauer~~s never quit!"  
Ross – What a great mind!  
Reciprocity... The more I give... the more I receive  
Spine - I've given over 1 million adjustments to the spine  
Teaching – I do what I love and I love what I do!  
Thongs (Tom's impersonation at deer camp)  
Understanding is a gift (Seek first to understand... then be understood)  
Values... I have 377 and counting  
Wisdom... I'm learning to appreciate ALL experiences (good and bad) for the experience (wisdom) they bring  
X-ray (I taught x-ray class while attending NWCC and was paid double for my efforts)  
Youthfulness... I will play basket ball competitively into my 50's  
~~Zig-Ziglar~~ My favorite motivational teacher!

# A List of My Favorite Quotes

## **My Favorite Sayings**

**David Neubauer**

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

Thomas Jefferson

“Try not to become a man of success but a man of value.”

Albert Einstein

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.”

Albert Einstein

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein

Great spirits have always encountered violent opposition from mediocre minds.

Albert Einstein

Winning isn't everything, but wanting to is.

Vince Lombardi

In absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia.

Author Unknown

Do not follow your dreams... chase them.

Henry David Thoreau

I have learned that if one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with a success unexpected in common hours.

Henry David Thoreau



# Tips for a Beautiful Life!



Lord, grant me the peace and serenity to  
accept those people I cannot change.  
The strength and courage to change the  
one that I can.  
And the wisdom to know that one is me!

Be in silence for at least 10 minutes each day.



When you wake up in the morning complete the following statement, “Today I am thankful for...!”





LIVE with the 3 E's ... Energy, Enthusiasm,  
Empathy,  
and the 3 F's ... Faith, Family, Friends.



Spend more time  
with people over  
the age of 70 and  
under the age of  
six.





Make at least three  
people smile each day.





Dream more while  
you are awake.

Life is too short to waste time resenting  
anyone for anything!



Forgive everyone for everything.





One of the greatest tragedies in life, is to be robbed of your future potential because you are stuck in the negative rewind of the past.



You don't have to win every argument.  
Agree to disagreements.





Don't compare your  
life to others.  
Envy is ignorant.





Burn the candles  
and use the nice  
sheets.  
Don't save it for a  
special occasion.  
Today is special.



No matter how you feel... get up, dress up  
show up and serve.



Love cures people... both the ones who give it and the ones who receive it.







Each night before you go to bed complete the following statements:

“I am thankful for...”

“Today I accomplished ...”

Count your blessings. Think and Thank.



Your best is yet to come!

