

# The Happiness Solution Newsletter

August 2007



## Quote of the Month

**“May the longtime  
sun shine ‘pon you,  
all love surround you  
and the pure light within you  
guide your way home.”  
-The Incredible String Band**

## A Bit of Humor?

Recently, a new patient was telling me about her divorce. She matter-of-factly stated, “My husband and I divorced over religious differences. He thought he was God and I didn’t.”

## Recent Research

For years, health professionals have recommended drinking eight glasses of water a day to help lose weight, improve kidney function, and simply keep your body hydrated. Now a new study, published in the *American Journal of Epidemiology*, shows that drinking more than five glasses of water per day can dramatically reduce the risk of death from heart attack.

The six-year study conducted at Loma Linda University in California followed 20,000 healthy men and women ranging in age from 38 to 100. Researchers discovered that the women reduced their risk of dying from a heart attack by 41 percent when they drank more than five glasses of water per day. Men in the study were 54 percent less likely to suffer fatal heart attacks drinking the same amount. Other liquids had the opposite effect, almost doubling the risk of heart attack when consumed in large quantities. Researchers believe that because water is absorbed quickly into the bloodstream, it thins the blood and helps prevent clots that can block the arteries, whereas other liquids may thicken the blood and lead to clots in the arteries. For health and happiness, think hydration.

## Story of the Month

### **“Go For It”**

**It was spring 1966. I was walking across campus when I spotted a girl that I had never seen before. I was a senior, so I guessed that she had to be a freshman. It was a small campus and I knew most of the kids who went there. I was immediately attracted to this new girl and asked a friend I was walking with if he knew who she was. He told me her name and I looked it up in the campus phonebook. I called her.**

**My first words to her were, “You don’t know me, but...” She didn’t hang up on me, but she wasn’t particularly receptive either. She asked me a bunch of questions related to her trying to figure out who I was – where I sat in the student union, what fraternity I was in, who I hung around with and so on. In her mind, she narrowed it down to my being one of the two people she could picture. She knew that it was either me or my friend, Billy, that she was on the phone with. Since she knew neither of us by name, when I told her my name was Alan, it didn’t help her distinguish between us. Billy, by the way, was this hot-looking, athletic guy, so she continued her phone conversation with me.**

**I asked her if she wanted to go out that night. She told me that she had a date at 8:00. I told her I’d stop by at 7:00 just to introduce myself and that she could still go on her date. She said no. I persevered politely. She wavered. I sensed it. I had a feeling she could be the one. I continued my polite perseverance. She acquiesced. I later found out that the only reason she agreed to meet me was that she thought she was speaking to Billy.**

**At 7:00 that night, I picked her up outside her apartment and we went for a ride. It was probably more of love at first sight for me than it was for her, but we did hit it off right off the bat. I brought her home about a half hour late for her date. I called her the next day and we began dating. Three and a half years later, Nan and I were married. My life was forever changed for the better because I decided to take action. I had decided to go for it and call a 17-year-old girl that didn’t even know my name.**

**Remember Billy, the guy that Nan really wanted to meet? At that time, he was dating Cheri. My roommate, Tony, saw her and asked me if I knew who she was. I told him that I knew her, but that she and Billy were an item. He said to me, “I’m going to marry her!” Being that he didn’t even know her and being that she was with Billy, it was hard to imagine that happening. Anyhow, I introduced Tony to Cheri. Years later, I was best man at their wedding.**

**Billy fell in love with Joyce, and they married. Over 40 years since all of this began unfolding, Tony and Cheri, Billy and Joyce, and Nan and I still**

**get together and share our lives. Everyone remembers the events of those days a little differently, but we can laugh at all of our versions of the truth.**

**I don't think you find happiness by sitting on the fence. Don't be tentative when it comes to decision making that has to do with following your heart. Go for it. Go for it tenaciously. Give it your all. I went for it in the spring of 1966. I'm happy I did.**

### **Closing Thoughts**

**This newsletter is a bit shorter than usual. From now until September, I'll be away from the office and will be enjoying the rest of the summer while devoting 3-4 hours daily to my forthcoming book (to be published in 2008 by Goodman Beck Publishing). I wish that all of you have pleasurable vacations and discover and embrace whatever brings you joy and meaning.**

**The stories on the website have been updated. Check them out at:**

**[www.thehappinesssolution.com](http://www.thehappinesssolution.com)**

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