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CNN Recognises the Power of Being Happy: Ph.D follows with release of 'The Magic of Unlimited Happiness' tips booklets

Costa Mesa, CA – November 21st 2006 – CNN's recent report, 'Happiness and Your Health – The Surprising Connection', compiled and presented by neurosurgeon and senior medical correspondent Dr Sanjay Gupta, has sparked intrigue and fascination amongst the general public. Dr Robert Houle, Ph.D, of HappinessCenter.com has written and released two powerful 'The Magic of Unlimited Happiness' tips booklets entitled '71 Surefire Choices from the Inside Out' and '67 Surefire Choices for the World Around You', specifically for those who found the CNN report interesting and wish to enhance their own lives with easy to understand and follow happiness-encouraging steps.

Dr Houle, with a Ph.D in Clinical Psychology and who served as a Visiting Fellow at the Center for the Studies of the Person, La Jolla, CA, has long recognised and studied the importance and effects of happiness in one's life. Such effects relate to all aspects of a person's life, including, as reported by CNN's Dr Gupta: increased immune system efficiency, increased work productivity and an increased lifespan (by up to seven years). Research by the CNN report also found that married people are happier than single people, college graduates are happier than those who didn't graduate, and those with religious beliefs are happier than those with none.

Supporting the CNN report, Dr Houle believes that happiness can be achieved through simple alterations in one's mindset. "The way to be happy and have fun is to create and pursue as many pleasurable and meaningful ideas as possible," he says. "If you're not as happy as you'd like to be, there's only one reason why. You aren't adding enough simple, happy solutions to your life".

Harvard psychologist, Daniel Gilbert, summed this idea up in the CNN report using the example of making a choice between buying a new car and taking a trip to Europe: "Part of us believes the new car is better because it lasts longer. But, in fact, that's the worst thing about the new car," he said. "It will stay around to disappoint you, whereas a trip to Europe is over. It evaporates. It has the good sense to go away, and you are left with nothing but a wonderful memory."

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The Power of Being Happy (page 2)

Dr Houle explains in his new 'The Magic of Unlimited Happiness' tips booklets that the trick is to make the right choices based on the quality of happiness that will be achieved as a result. He believes that when we look to achieve happiness in all aspects of our lives, we open ourselves to the many possibilities and options that we may not otherwise see. Daniel Gilbert says, "People have a lot of bad theories about happiness". Dr Houle's aim with his two powerful booklets is to dispel the 'bad theories' and replace them with positive, happiness-building ones through a set of simple steps.

'The Magic of Unlimited Happiness – 71 Surefire Choices from the Inside Out' details how to remould the mindset to encourage more happiness into your life. Dr Houle also explains how negative influences can affect your happiness and have a detrimental effect on all aspects of your life.

'67 Surefire Choices for the World Around You', the accompanying tips booklet to the above, reveals how you can use the power of happiness to enhance your life by implementing simple steps into your everyday activities. Interaction with people and the way one is perceived can have a massive impact on the level of happiness that can be achieved.

These two impressive tips booklets can be purchased from Dr Houle's website for the meagre price of just \$4.77 each.

Dr. Robert Houle holds a Ph.D. in Clinical Psychology and served as a Visiting Fellow at the Center for the Studies of the Person, La Jolla, California, where he studied modern psychological strategies with internationally acclaimed scientist and Humanistic Psychology founder Dr. Carl Rogers. He is the founder of HappinessCenter.com, CaliforniaDJs.com and author of the tips booklets, *The Magic of Unlimited Happiness 71 Surefire Choices from the Inside Out* and *The Magic of Unlimited Happiness 67 Surefire Choices for the World Around You*.

CNN Report: <http://www.cnn.com/SPECIALS/2006/happiness/>

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