

	 <p style="text-align: right;"><b>Go Wild Newsletter</b> with Rosemary Rein Ph.D "Because Life is a Learning Adventure"</p>
<a href="#">Our Home Website</a>   <a href="#">Past Issues</a>   <a href="#">View On-Line</a>   <a href="#">Download PDF Version</a>   <a href="#">Send Rosemary an email</a>	
<p>edition: #29 March/April/2009</p>	<p>Leadership, Customer Service and Sales Training, Team Building, Executive Retreats, Creativity Safaris and Annual Conventions. - View Rosemary's Training Programs at <a href="http://www.gowildgogreat.com">www.gowildgogreat.com</a></p>

**In this edition: Go Wild! GO GREAT News:**

- **Spring into Happiness!** 5 Ways to Make Yourself Happy & the Art and Science of Happiness!
- **World Creativity Conferences** Learn to Think Better! Join Rosemary at upcoming Global Conferences on Creativity and Ideation in Boston and South Africa

**Get & Be Happy! The Art and Science of Happiness!**



*"When I am in New York, I want to be in Europe, and when I am in Europe, I want to be in New York" -- Woody Allen*

I am blessed to be part of a creative community dedicated to the art and science of happiness. If you're raising an eyebrow that happiness is now a science worthy of our attention...hmm...consider the following research and statistics. After you look at the hard facts, we will give you 5 simple soft touches to get and be happy:

-**The World Health Organization** predicts that by the year 2020 depression will be the second-leading cause of mortality in the entire world, affecting 30% of all adults.

-**What determines happiness?** Research on fraternal twins indicates 50% is indeed determined by a heredity set-point, 40% via intentional activity and 10% via life circumstances.<sup>1</sup>

-**Wealth and Happiness?** When asked about their overall satisfaction with life, North Americans in 1940 reported being "very happy" with an average score of 7.5 out of 10. Today it's 7.2. An important note is: that more than one third of all homes in 1940 did not have running water, indoor toilets or bathtubs/ showers. Ah, so TV's, iPods, microwave ovens and indoor bathrooms do not buy happiness? Go figure!

-**Quantum Physics.** Japanese researcher Masaru Emoto saw the need to study water which represents 70 to 90% of our body matter. Emoto photographically documented changes in water as he subjected the water to non-physical stimuli of music and messages. He studied water crystal droplets to music ranging from Mozart to Heavy Metal. Not surprising, (at least to me anyway) under Mozart's influence, the crystals appear beautiful under the microscopic eye and under heavy metal influence appear ugly and deformed. Take a peak at <http://www.whatthebleep.com/crystals>.

Emoto went on to place signs on bottles of water, one with the message "I love you" or "Thank you" and another bottle with "You make me sick". The water with the positive messages responded with beautiful crystals and the negative messages created unsightly images.<sup>2</sup>

**So what does all this mean?** Is genetics linked to our happiness? Well, it's indeed a 50% ingredient. How about financial condition and circumstances? Good news in this economy, it accounts for only 10%. The better news is: What we can do/control with the 40% of our intentional actions to get and be happy. One of the best books of my year has been "The How of Happiness" by Sonja Lyubomirsky. Pick up your copy.

**In the meantime, here are 5 simple practices to get and be happy:**

1. **Make a list/journal** of your most positive experiences in life. Re-live the places, people and positive emotions present and feel them!

2. **Move:** Did you know that you will not change your mood until you physically move your body? Feeling Blue? Take a 2 minute vacation and move it, move it! Move your body and and move your mood in a positive direction.

3. **Help Others:** Yet again the research indicates a significant elevation in happiness when you make other people happy. Sonja Lyubomirsky recommends 5 random acts of kindness for others each week. Examples: paying someone's toll, writing a thank you letter, etc...

4. If you fake it for 15 minutes, you can feel anything. **Act Happy!** While this is one of my mother's kitchen table wisdoms shared with me as a young girl dreading going to school one day, I teach this simple acting technique on positive emotion in my customer service courses and EEG brain research proves the value! Simple Fact: Happy people smile more and you look more attractive. Fake Happiness and see what happens to your happiness.

5. **Indulge your Senses:** As I write this, I have just experienced the multi-sensory delight of the most beautiful garden in the world "The Keukenhof" an oasis of flowers in Holland that for a brief 6 weeks in springtime literally takes your breath away. Luxuriate and indulge all of your senses. The aroma of a bakery, the scent of a flower garden, the power of music on your mood, the feelings and emotion that jump off a work of art. Focus on the beauty of life's simple pleasures.

**Bring Happiness to Your Workplace** and see what happens to Customer Service, Teamwork Creativity! [www.gowildgogreat.com](http://www.gowildgogreat.com)

*References for this Article:*

1. "The How of Happiness: A new approach to getting the life you want", Sonja Lyubomirsky
2. "The Power of Yes", Starr Cline  
"Mary Ann Smorra, Ed.D, Georgian Court University  
"The Atlanta Creativity Exchange"

**Now to WOW!™ Spring Training Adventures**

# Think Better Boston



**Rosemary will be presenting Two programs at the CPSI Boston Conference June 21-24, 2009**  
**"Fall in Love with Creativity--5 Ways to Romance your Brain to think Better" and the "Sparks of Revolutionary Creativity"**

What do Microsoft, Proctor and Gamble, GE, Nokia, and Intel have in common? All have been identified by Business Week or Fast Company as the most innovative companies in the world and they attended the Creative Problem Solving Institute. [www.cpsiconference.com](http://www.cpsiconference.com)

Are you a revolutionary at heart?

Download Rosemary's youTube at: <http://www.youtube.com/watch?v=k1rDXHSL004>



## South Africa

Join Rosemary and a Delegation from the Americas on a Creativity Safari of a Lifetime  
October 6th – 9th, 2009

Visit [www.sacreativity.com](http://www.sacreativity.com) Extended Add on Safari Packages Available

Write Rosemary for Educational Tourism Details  
[rosemary@gowildgogreat.com](mailto:rosemary@gowildgogreat.com)

## Spring Training

Boost the Skills the Spirit of your Team with these Now to WOW!™ Spring Summer 1 and 2-Day Workshops provided at your Location or hosted at one of our many World Wide Retreat Centers!

Our Faculty is now global with expertise in Business, Education, Communications, Creativity, Motivation, Humor and Group Facilitation.

### Your Now To WOW!™ Stimulus Package:

Stimulate your Business by investing in your most Important Resource: Your People! Book your training to be delivered in 2009 between now and June 1st and we'll provide 1-day of additional one on one coaching to your team, post training to insure maximum results and application!



- Now to WOW!™ Team Building Safari. Improve Communications. Build your Team's ability to problem solve and develop a positive team workplace.
- Fall in Love Again...Begin/Renew a Great Love Affair with Your Customers!
- It's a Jungle Out There! Guerilla Selling Skills for a Tough Economy!
- The 8 P's of Persuasive Presentations! Master one on one and group presentations. Put an end to Death by PowerPoint!
- The Now to WOW!™ Creativity Safari! Its problem solving, creativity and the best practices of think tanks applied to your current and critical business challenges. Yes, you can tackle your critical business challenge in this 1-day professional facilitated session/retreat.
- The Humor Workshop: Bring one of our Certified Laughter Leaders to your organization for a day of AA (Attitude Adjustment). Experience Laughter Yoga and Happiness Techniques. Create a Positive Workplace.

Write to: [rosemary@gowildgogreat.com](mailto:rosemary@gowildgogreat.com)

Or call: Rosemary / U.S: 1-239-910-3354 (cell) 1-239-645-4267 (office)

Costa Rica: 011-506-2228-7129

---

Our Mission at Now to WOW Learning Adventures: The design and delivery of world-class training that touches the hearts, minds, and souls of the organization and human condition. Workshops, Training, Retreats and On-Site Business Consultations in Creativity, Leadership, Customer Service and Team Building. Visit Us at [www.gowildgogreat.com](http://www.gowildgogreat.com) or write [rosemary@gowildgogreat.com](mailto:rosemary@gowildgogreat.com)