

SpiderTaxi

Anything that Oprah Winfrey has fingers on is a NO GO.

Posted On 05/18/2024

IzzyKitty

SpiderTaxi - as soon as I read Oprah's name I dismissed entire article.

Posted On 05/18/2024

Guillermou

From the point of view of Stoicism, one feels joy when something concrete brings satisfaction. For example, having fulfilled his duty. Have tried to give your best. Being with family and friends, enjoying it. Appreciate so many little things that many take for granted. A surprise, a special moment. You can be happy knowing that there are days when we will be happy and others, not so much. The ending is a state of balance and internal contrast that marks our course in life. In all of this, gratitude, love, curiosity, resilience and cognitive flexibility are a source of emotional stability, joy and happiness. Happy people surround themselves with optimistic and healthy friends, they take care of them and know how to choose allies.

As in John Donne's poem, "No man is an entire island of himself. Each man is a piece of the continent, a part of the whole. Being generous, positive and not believing ourselves to be the center of the universe is a magnet for this type of relationship. In this sense Diogenes states, the person with the fewest needs is the freest and happiest. Happiness has to do with having a life plan. Love, emotional balance, goals, culture, inner peace and friendship Albert Einstein said that brilliant is he who dares to correctly direct his ideas at a given moment.

Nothing is as extraordinary and vital in the human being as our ability to readjust behaviors and thoughts with love to survive successfully and move forward with greater boldness to take better advantage of the complexity of each scenario to obtain maximum benefit. Einstein left other phrases that allow us to glimpse what the scientist meant by a happy life. Those papers have been baptized as the theory or formula of happiness. In one of them he says: "A humble and quiet life brings more happiness than the pursuit of success and the constant restlessness that it implies."

Posted On 05/18/2024

Guillermou

Cognitive flexibility directed with love is understanding and empathy, knowing how to intuit why things are the way they are at a given moment, it is knowing why people act, it is seeking the possible causes of those daily problems that we have with those around us. Only a flexible mind commanded by the wealth of the soul will be able to face difficulties to survive and achieve happiness. Not being able to see the multiple perspectives of our reality is like putting locks on our happiness. In this direction we have great allies and goals such as self-esteem and self-sufficiency, great weapons to overcome fear and distance ourselves from the society of toxic people and corruption presided over by psychopaths who only seek the power-money binomial.

First of all the great power of the mind. To generate a positive change in our mental attitude and its relationship with bodily health, it is necessary to "reprogram our mind", or in other words, discover the path so that it generates attitudes, symptoms, evolution, thoughts and sensations of well-being. This is possible through psychological therapy, with cognitive restructuring techniques among others, where the person discovers the erroneous programming in their subconscious mind, which generates discomfort and illness. Negative thought patterns are the source of tremendous emotional suffering and misery.

In fact, they are the key factors of both depression and anxiety. Cognitive flexibility is directly related to many advanced mental abilities, such as:-- 1) Plan for the future--- 2) Metacognition-- 3) Self-control-- 4) Be able to consider multiple aspects of the same situation.-- 5) See things from a new, creative and innovative perspective.-- In the links, cognitive restructuring, its benefits and practical examples.a nickwignall.com/cognitive-restructuring (2020).-----
www.choosingtherapy.com/cognitive-restructuring (2022).--- helpfulprofessor.com/cognitive-flexibility-examples (2023).--

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juststeve

Agree Gui, accepting the Real as best we can know and understand it is superior to chasing the superficial fame and fortunes. The Lifestyles of the Rich and Famous. The Trappings of Money. Just another unhealthy treadmill going nowhere. There can be great Joy and Happiness in a humble and quiet life with a foundation in the concrete Real Deals. Choose your sacred spot and stand your ground as best you can and do good works. Chasing others to bend them to your will is a huge drain of ones' life.

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Guillermou

Very true, Just, One of the happiest countries in the world is Bhutan, a Buddhist kingdom on the eastern edge of the Himalayas hidden between mountains. In Bhutan, they believe that the accumulation of wealth does not bring happiness; their government measures the state of well-being with a national happiness index. The government takes into account this indicator based on Buddhist philosophy to create policies that ensure the well-being of the population. This indicator measures what makes residents happy. Positive psychology highlights two perspectives on how we can experience happiness: the hedonistic perspective and the eudemonic perspective.

The hedonistic perspective dates back to the 4th century BC, when Aristippus of Cyrene, a Greek philosopher who was a disciple of Socrates, explained that the ultimate goal of life should be to maximize pleasure and minimize pain. In Western cultures, the hedonic perspective is the most common way to achieve happiness. A person with a hedonistic perspective believes that happiness comes, for example, from the pleasure of taking a trip, going to a concert, or buying a treat. The eudemonic perspective is not so common in Western culture; this concept dates back to the 4th century BC. C., when Aristotle defined it for the first time in his work *Nicomachean Ethics*.

For Aristotle, one must live his life in accordance with his virtues to achieve happiness. This perspective is an attempt to seek the more lasting and meaningful happiness that personal growth can produce. Many scientists point out that both approaches are necessary to feel that psychological well-being to which we label happiness. A study of hedonic and eudemonic behaviors concluded that hedonic and eudemonic behaviors contribute to well-being in different ways and are therefore both necessary for happiness. www.tandfonline.com/.../02134748.2019.1576323

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RonaldHL

Guillermou and our culture of regulars among Mercola.com commenters, I agree the power of the mind has great influence over health. Regarding "reprogram" and "erroneous programming" and "negative thought patterns," I believe I'm an example of the truth of not having that to even need reprogramming because I've rejected most programming from childhood. That some slipped in, it is easily recognized as being in sharp contrast and soon rejected whereas it often fits with the programming that has become intrinsic to other individuals and of such strength that reprogramming is not likely for most.

The closest I've seen in adults is some programming leads them onto a path of such horrific devastation that only the strongest among them actively seeks to change and then it is possible. A good example is Mike Lindell. Among the chronic, by choice, homeless and drug addicted are often examples of unhealthy failures to alter their perspectives, yet some do successfully choose to change.

My story is totally different. From childhood, I never accepted the programming of society which happens quickly and mostly universally among children. The peer pressure to accept societal programming is great. As ridiculous as it might sound: "If you keep acting like a grown-up, you'll lose the ability to fly." Essentially, that means becoming locked into paradigms which most are based upon realities. I classify realities into based upon laws of physics which should generally be accepted and generated realities of health and particularly the nature of aging.

Our minds might not have influence over the world around us as in telekinesis, but our minds, for those who so choose, most certainly has influence within our own bodies. Perhaps in a hundred years, I might approach middle age. Perceptions of what is universally expected of aging is creating those realities for mostly everyone. I've not broken out of that pattern because I've never entered it as a child and I'm still youthful.

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mel8098

Oprah has many reasons to feel joy - including the fact that her property was spared on Maui in the Lahaina fire. What a blessing for her. My intuition tells me to steer clear of this false messiah. I couldn't be more disinterested in what this woman has to say on any topic. Eckhart Tolle and Ram Dass have some wise words on the subject of joy for those who are interested.

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juststeve

I would offer one of the reasons Brooks mother-in-law developed her exceptional mental, emotional, spiritual Health and Foundation is often it is those who have suffered the most who have the deepest Wisdom. They know and realize many things at a much deeper level than those who chase the superficial. They engage in the Reality of the situations they are facing and not putting on act, or acting in ways to chase more what they think others will think. Her realization it is in her the power to control her responses to life's challenges rather than passively waiting for external changes to bring her joy that will probably never come.

Just as a gardener can't pretend Winter isn't real and go try and plant anyway. But the Gardener may have in his choices to build a greenhouse to plant in the Winter. The gardener can't change the Reality of Winter any more than we can change Bill Gates, WEF, and so on. We can change what we do though, so real goals bringing healthy, positive, joyful responses are possible despite what High Tech Circus has in mind for us. When choosing to take a positive action to a negative circumstance allows the comfort to make us happy that we have done what we could or can even if negatives still pile on.

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Guillermou

Yes Just, we cannot change people stuck in selfishness, excessive ambition and tyranny but we must face the adversity of a world full of obstacles. To face adversity we need to remember what our vital meaning is. Clarifying purposes and awakening resilience will help us go through this process with better resources and fortitude. We all go through difficult times throughout our lives. Facing adversity is more than a desire or a purpose, it is a need, an obligation to integrate into the mind and heart. We all know that applying this approach and deploying adequate change resources is not always easy.

It is in these moments of adversity when we go through very powerful emotions such as sadness, helplessness, frustration, etc... but an important issue is the enhancement of resilience. In a study carried out by psychologists Linley, PA, and Joseph, S. from the University of Warwick, United Kingdom, it was shown that people capable of facing difficult moments acquire valuable learning to face the future with better resources. pubmed.ncbi.nlm.nih.gov/15027788

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Mmmarsha71

I pray this works for me. I desperately want to live the last part of my life well.

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dan1649

Joy is instantly available to anyone who wants it. "Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost." Romans 15:13 "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith.." Gal 5:22

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