

## New Book Tackles Unfortunate Truth:

New book examines why Americans are so unhappy and outlines 8 proven strategies to become happy 88% of the time

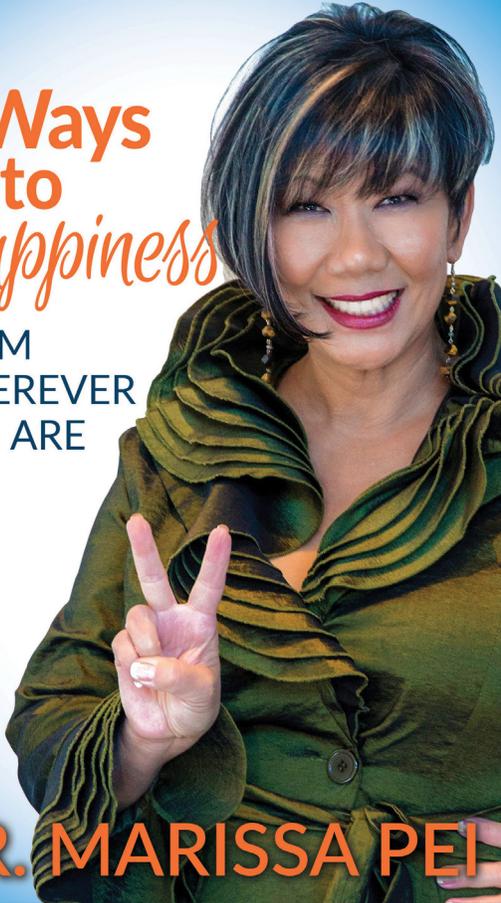
BY MERILEE KERN, MBA

FOREWORD BY MICHAEL BERNARD BECKWITH

### 8 Ways to Happiness

FROM WHEREVER YOU ARE

DR. MARISSA PEI



Despite achieving 4% GDP growth, America has fallen to 18th in the World Happiness Report's annual ranking of more than 150 countries. The report suggests three main variables causing the declining happiness in the United States. It states, "America's subjective well-being is being systematically undermined by three interrelated epidemic diseases, notably obesity, substance abuse (especially opioid addiction), and depression."

The World Happiness Report provides insight as to why these social issues exist, which includes a lack of social support, increasing loneliness and isolation, and people spending a disturbing amount of time on social media and smartphones. The report also points to America's ominous economic issues, such as financial stress and income inequality, the recent rise in materialism that's has been linked to depression, and physical problems (sugar addiction, obesity, lack of exercise).

"The negative emotions resulting from America's problems noted in the World Happiness Report, whether independently or in combination, only breed more and more unhappiness and may actually lead to other side effects like hatred, shame and fear," says Dr. Marissa Pei, a consulting psychologist and author of the newly-released title "8 Ways to Happiness from Wherever You Are."

She explains, "Although Americans can't change the circumstances in their country overall, they can personally take steps toward achieving an enhanced level of happiness in their own lives—and it's incumbent on them to be proactive in doing so."

In her book, Dr. Pei, known professionally as Dr. Marissa, addresses eight ways to transition from sadness to being happy 88% of the time. Why 88%? Dr. Marissa explains that it's not possible to be 100% happy because everyone needs contrast in their lives and can't know happiness if there aren't some contrasting points of unhappiness.

"8 Ways to Happiness" is for anyone who has stopped to ask themselves, "Am I happy?" or "Why am I not happy?" and is not willing to spend 10 years in therapy or take a pill with side effects that can possibly make them feel even worse. Furthermore, it is for those who already are taking medication

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