

# The Happiness Solution Newsletter

2009, Issue I

**THE  
HAPPINESS  
SOLUTION**



## Quote of the Month

Life isn't about waiting for the storm to pass.  
It's about learning how to dance in the rain.

## A Bit of Humor?

Q: Should I have a baby after 35?

A: No, 35 children is enough.

Q: I'm two months pregnant. When will my baby move?

A: With any luck, right after he finishes college.

## Nutrition Corner

Cholesterol is found only in the animal kingdom (meat, poultry, fish, eggs, cheese, butter, cream, etc.). Certain fibers bind cholesterol and take it out of your system. Fiber is only found in the plant kingdom (anything that grows, i.e. whole grains, cereals, beans, nuts, fruits, vegetables). It obviously makes sense that you won't lower your cholesterol by eating a turkey sandwich for lunch and chicken for dinner. They both contain significant amounts of cholesterol. A breakfast of bacon, eggs, and cheese on a roll is a cholesterol on cholesterol on cholesterol sandwich. Not exactly the breakfast of

champions. If you need to lower your cholesterol, eat more from the plant kingdom and try not to have more than one cholesterol-based meal per day.

### Recent Research

In a recent review of 29 randomized clinical trials, researchers concluded that St. John's Wort is as effective as the major prescription antidepressants. Also, St. John's Wort users had fewer side effects. In one of the studies cited, 900 mg of St. John's Wort (300 mg capsules taken three times daily) was more effective than Paxil. The herbal remedy can take four to six weeks to be most therapeutic. If you want to try it, consult your physician if you are on other antidepressants, blood pressure medications, cholesterol lowering drugs, or oral contraceptives.

### Story of the Month

#### **"A Million-to-One"**

On January 15, 2009, US Airways Flight 1549, with 155 people on board, lost both of its engines when it hit a gaggle of Canadian geese. As the plane began to go down, the very experienced pilot, Chesley B. Sullenberger III, told passengers to brace for impact. They did. Panic and prayer prominently pervaded the plane as passengers realized that the airbus was about to go into the frigid Hudson River. The pilot, an air force veteran fighter pilot, coolly landed the plane in the river. Water immediately began to pour into the cabin. But within minutes, rescue teams began to save the passengers who had worked their way onto the wings of the partially sinking plane.

In what was dubbed "The Miracle on the Hudson," all 155 people survived. The panic gave way to relief and gratitude as rescue workers dealt with shock and hypothermia. Indeed, Flight 1549 had landed on a wing and a prayer. It is difficult to conceive that an airplane can lose both its engines

and be forced into an emergency landing in the Hudson River without leading to any life altering injuries or fatalities. Do you believe in miracles?

A loose definition of miracle might be an event that is contrary to our experience. Maybe it's a million-to-one shot. We are typically amazed when a wondrous or perhaps a supernatural happening occurs. As a psychotherapist, I'm privileged to hear people confide in me regarding unusual or "miraculous" experiences they have had. If you think about it, we have over 300 million people living in the United States. That translates to about 300 million-to-one shots (or miracles) a day. Still, I know that it's easy to be skeptical.

There are no miracles for those  
that have no faith in them.  
-French Proverb

The world is full of wonders  
and miracles, but man takes his  
little hand and covers his eyes and  
sees nothing.  
-Israel Bael Shem

Zen finds the miraculous in the ordinary.

The miracle is not to fly  
in the air, or to walk on the  
water, but to walk on the earth.

Life is a contradiction. It is beautiful and tragic. There are catastrophes and miracles. We never quite know what we're going to get. As the pilot told his passengers, we need to brace ourselves to deal with the difficult times. And, we need to believe in something. Nancy Gibbs said, "For the truly faithful, no miracle is necessary. For those who doubt, no miracle is sufficient." In any event, regardless of whether you categorize it as happenstance, luck, pilot skill, or a miracle, it was truly wonderful that all aboard Flight 1549 survived and will add further chapters to their stories.

## Closing Thoughts

These are difficult times. Retirement funds have tanked. College funds have taken a big hit. Many have lost their homes. Stocks have nosedived. Almost one of every five people in our workforce is either unemployed or underemployed (hours significantly cut). Many are experiencing more stress than usual. It's okay to be somewhat frightened, nervous, or insecure. Trust that you'll be able to deal with what comes your way. That's really what security is about. Trusting that this too shall pass and that you'll land on your feet will help you get through this.

Please email me at [drgettis@aol.com](mailto:drgettis@aol.com) with your comments and concerns.

The website is [www.drgettis.com](http://www.drgettis.com).

To unsubscribe, email [drgettis@aol.com](mailto:drgettis@aol.com) with the word unsubscribe in the subject line.