

The Happiness Solution Newsletter

November 2008

**THE
HAPPINESS
SOLUTION**



Quote of the Month

Grace is when you stop wrestling with Mother Nature, Father Time, and cosmic indifference.

A Bit of Humor?

Everyone seems to make a big fuss when a new shopping center is built. I don't get it. When you've seen one shopping center, you've seen a mall.

Nutrition Corner

I hate to burst the bubble, but let me flatly state that, "Chocolate is not a health food!" It would be wonderful if it was, but it isn't. I'd like you to digest that. Yes, it has healthy flavinoids. However, it's very high in artery clogging saturated fat. It will elevate your "bad" cholesterol (LDL) and your total cholesterol. More and more authorities are jumping on the chocolate bandwagon. I will not take part in this collusion. If you enjoy a bit of chocolate, have it, but don't fool yourself by believing you're eating something healthy. If you want the health benefits of flavinoids, try apples, onions, or tea.

Recent Research

At a July 2008 conference on positive psychology and finding meaning in life, several presenters reported on the transformation of grief through meaning. In a study of 157 parents who had lost a child to death, the researchers

found that the passage of time did not predict outcome. What mattered most was what a person did with the time, that is, how the parent made sense of the loss. Finding meaning in life is bound up with finding ways to make sense of or come to some terms with loss. This is a prerequisite for resiliency, effective coping, and some measure of peace of mind.

Story of the Month

"The Gnawing"

There is a wonderful Cheyenne story that was told by Mrs. Medicine Bull in Birney, Montana, with the help of an interpreter. It was recorded by Richard Erdoes. I have adapted it slightly.

There is a great pole somewhere, a mighty trunk similar to the sacred sundance pole, only much, much bigger. This pole is what holds up the world. The Great White Grandfather Beaver of the North is gnawing at that pole. He has been gnawing at the bottom of it for ages and ages. More than half of the pole has already been gnawed through. When the Great White Beaver of the North gets angry, he gnaws faster and more furiously. Once he has gnawed all the way through, the pole will topple, and the earth will crash into a bottomless nothing. That will be the end of the people, of everything. The end of all ends. So we are careful not to make the Beaver angry. We want the world to last a little longer.

I guess it's important to figure out what gets the Beaver angry. Try to figure out what you believe would upset the Great White Grandfather Beaver of the North. I have my own ideas that I'll share with you. Perusing animal symbolism and native art suggests that the Beaver was considered an old and wise and compassionate creature. He showed the people how to cut down trees and build houses so they would be safe and warm in the winter. Beavers are associated with hard work. They're industrious and persevere with incredible will and patience. They are deemed to be noble and honest and creative. They are monogamous.

With that in mind, here's a partial list of what I think might greatly annoy the Beaver:

- Impatience
- Sloth, laziness, and lack of effort
- Doing harm to the environment
- Being harmful to others rather than helpful
- Not taking on difficult challenges
- Dishonesty
- Infidelity
- Being unimaginative or uninspired
- Boredom
- Being mean-spirited
- Engaging in destructive or self-destructive behavior

I would like the world to last a little longer. If I don't anger the Beaver, I'll be doing my part and chances are I'll feel pretty good in the

process. Can I count on you to help me and the rest of the world? Please, do not anger the Beaver!

Closing Thoughts

My new book will bring some happiness to the children in your life. Please read about *In the Beak of a Duck* at www.drgettis.com. I'd be pleased to personalize the books you order by signing them to whatever names you designate. Just shoot me an email instructing me how you'd like the books signed. I'd be happy to do the same for *Seven Times Down, Eight Times Up* as well as for *The Happiness Solution*.

As always, I look forward to your comments and suggestions. With warm wishes for a wonderful holiday season,

Alan Gettis
drgettis@aol.com

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