



## Transcript: Wake Up Happy with Dr. Jay Kumar

### HOST

Kym Yancey

### SPEAKER

Dr. Jay Kumar

### PRESENTATION

Kym           Hi. Good morning. Wake Up Happy. That's what we're going to do today. How about you? I know you're doing it, too. You wouldn't be here if you weren't waking up happy. You want to be happy. You want to be happier. That's a good thing to do when we think about expanding our happiness and the way we approach our life. I'll tell you what, we're going to have a great show today with a very special expert. I've been looking forward to having Dr. Jay Kumar on our show with us for this installment of *Wake Up Happy*.

My name is Kym Yancey. I'm the cofounder and CEO of *Live Happy*. We are so glad you decided to Wake Up Happy with us. I want to invite you to join the Live Happy community. We're on a mission to share with you the secrets and science – that's the key thing here, that everything we talk about is based on science, academic proof, studies. That's very important to who we are as an organization, in that we want to bring you

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information that is science-based to help you apply this to your life so that you can experience everything that you're supposed to experience and more in life.

We want this to be just a rich, rich experience for you. We're not only a magazine. Live Happy is not only a magazine, but we're a movement to bring people to happiness and spread it around the world. I want to invite you to engage with us. Our Twitter handle is mylivehappy or find us on Facebook by searching My Live Happy.

I want to hear from you. I have my own special email address that – like you don't have a special email address, right? What I mean by that is I have an email address just set up for our Wake Up Happy community. You can email me at [wakeuphappy@livehappy.com](mailto:wakeuphappy@livehappy.com). I always like this. I'm going to name out some people that – Brittany's in here with me, along with Emily from the Live Happy team. We see all the names of everybody dialing in that's on the phone with us right now.

I thought this was so cute. Angelique in Idaho, you said, hi, Kym. I just want to say, hi, Angelique. Right back at you there in Idaho. Rhea from Virginia, hello. John from Bolinas, California, Pamela from Seattle, Rich from Toronto, Canada, and Alexandra from Minnesota. So a little call out to each one of you. I want to welcome you to *Wake Up Happy*. I also want to – we're having a lot of fun with it, the magazine.

More and more people – I love this. These are the kind of notes that I'm getting.

Someone was saying, hi, Kym. I put together a subscription for eight people in my family for *Live Happy*. What I love is just the whole notion of that person was saying, you know, I was trying to think of something very impactful. Not only giving someone a gift that they would enjoy, but something that's very impactful in their life.

I've been getting these notes about people giving the gift of happiness, giving the gift of *Live Happy* as a subscription. If that's something that you've ever thought about, I want to encourage you to take advantage of it, especially with this holiday season, to go to [livehappy.com](http://livehappy.com) and consider getting a subscription for somebody else and make sure you have one, of course. That's very important.

Also, Britney gave me something really cool on the social side of us. We, on Pinterest, we have these *Wake Up Happy* graphic quotes. You just got to take a look at this. It's [pinterest.com/livehappy](http://pinterest.com/livehappy) and you'll see what we've got going on there. I also want to remind people to send in their banana smiles. We've got some big plans with our banana smiles. These are, you take a banana and it's under your chin. You don't hide your smile, but you take a banana and give a big smile and send that into us. You know, post it, send it in to me. We want to have that.

Now, here is – I want to tell you about a spotlight event before we get started with Dr. Jay Kumar. We have got a spotlight event we want to tell you about and when we learn

about events that are going on around the country that we think are just really cutting edge, we want to make sure you're in touch with it. This one is called Leading to Well-Being in Workplaces, Organizations, and Communities Conference. This is being put on by the George Mason University. It's hosting its sixth annual conference in the Washington, DC area in March of 2015.

Let me first say, if you can't see this on the screen, you might be listening via your telephone and you don't see what we've got up on our screen, you can find out all about this at [wellbeing.onmason.com](http://wellbeing.onmason.com). So, first of all, get all the complete details. This event is going to involve an optional half-day intensive with experts from the Chopra Center Workplace Well-Being Program. It includes speaker/author Dan Pink.

We have psychologist and author Todd Kashdan, who is going to be on *Wake Up Happy* this Friday. He's one of the speakers down there, and experts from the Chopra Center Workplace Well-Being Program and many more but, more than anything, I just want to encourage you to go to [wellbeing.onmason.com](http://wellbeing.onmason.com) to learn about this spotlight event from *Live Happy*. Okay. Keeping you in the know.

Alright. Are you ready for Dr. Jay Kumar? Let me tell you about him. As a renowned thought leader and public speaker, Dr. Jay Kumar expertly counsels organizations and businesses on harnessing the art and science of happiness for both short and long-term success. Clients across the globe, from lean startups to large corporations, have

benefited from his highly effective, easy to learn, and scientifically-proven insights and techniques.

In addition to consulting businesses and individuals, Dr. Jay stays at the forefront of brain research as a respected university professor. He holds a PhD in Cognitive Science and Religious Studies from the California Institute of Integral Studies and an MA in International Political Economy and a concentration in International Business from Columbia University. He has also pursued advanced graduate studies at Georgetown University and UCLA. His e-book, *Five Secrets to Achieving Authentic Health and Happiness*, is available on Amazon.

Dr. Jay Kumar, it is great to have you with us on *Wake Up Happy*.

Jay I'm just delighted to be here and I woke up today, for sure, being very happy.

Kym I love it. Love hearing that. Tell us, how did you find your path, discover your own path towards happiness and well-being?

Jay Yes, I'd love to answer that question for you, Kym, but I'm going to do that in a very fun way today and that is to kind of engage our listeners in a little quiz, a little brain teaser, if you will. Here's a little riddle for all of you. How do make a sad person happy and a happy person sad? You tell them, this too shall pass.

Kym This too shall pass.

Jay I love that; this too shall pass. That really underscores this whole notion of what I do in my life and how I got to this happiness. For me, I came to a strong realization in my young adult life that all of the things that I thought were the litmus test of happiness – status, paying job, money, good apartment, relationships, were all fleeting. They're all transient. Nothing was permanent in those situations.

What I realized through my studies, my academic [indiscernible], my spiritual studies, having studied at ashrams, and my own meditation practice, Kym, is that what we're discovering from science facts, and also spiritual wisdom, is that authentic happiness doesn't rely on external factors. It is something which is embedded within us, something we can tap into that's wired into our brain.

When I discovered that, when I realized that, wow, happiness is actually something that I have within me that I can tap into and that neuroscience is now affirming this, this was the most revelatory and transformational event in my life and it really led me onto this path of who I am today and what I do. That is to advance this notion of how we can use neuroscience, brain science research, and marry that with spiritual wisdom and apply it in to our everyday life to achieve authentic health and happiness.

Kym Did you have a – it's interesting, with all of the different experts that we've been talking to, it seems that most of them all had a triggering moment, or a tipping point moment, that led them down the path into positive psychology. Did you have an experience like that, too?

Jay Absolutely. I'll share this on a very personal note. I had a family member commit suicide in my mid-20s and that, for me, was a big, big, shift and it really was a wakeup call about just how fragile life is and just how, above everything else, it's love and family and relationships that really matter in our life. We realize that sometimes at a cost when someone or something is taken away from us about the real power and the real, I think, investment in our life is really about happiness and love.

Kym Yes. Yes. I always find it amazing and this is simple. It's humbling and it's gratifying all in the same and that is that it seems that the things that bring you the greatest happiness are the things that money can't buy. I mean, you do have – there is a threshold. I don't want to give people the impression that money doesn't matter. Wouldn't you say, Jay, there is a threshold where, you know, I think it's around \$75,000, where after you hit the \$75,000 family household income category, so to speak, there's not much difference between that and the person doing several millions of dollars in terms of their level of happiness, their happiness experience.

Jay Absolutely. Actually, there is a whole brain science around that and that really underscores the idea that once our basic needs are met – survival for food, shelter, clothing, family, etc., once those basic needs are met, and we do understand money actually is a factor that establishes those qualities. Once those basic survival things are met, the human brain actually goes out of surviving into thriving.

This is all based on neuroscience research that I call [indiscernible] identify. We have a choice in our life, whether to operate out of our surviving brain or our thriving brain. Once those survival needs are met, we now have the opportunity to experience life's [indiscernible] abundance, joy, prosperity, and no amount of money in your bank account, at that threshold, is going to make you any more happier.

What they're discovering from neuroscience research, and also from economic research, is that the billionaire who has 20 homes, 20 cars, and all this wealth, is no more happy than someone who is a middle class family householder. That's the beauty about the brain research. We're all born with the same brain. How we use our brain and how we achieve happiness is a personal choice.

Kym Yes. I've got a couple of tweetable moments here. One of them is, "authentic happiness is wired into our brain." Love that. "Authentic happiness is wired into our brain." Let's talk a little bit more about what's wired into our brain and what your discoveries have been. I know in the book, you have the Brain, Body & Being, Five Secrets for Achieving



Authentic Happiness. You really get into this, but I wanted to – can you share with us some of the discoveries that you can share for us, reveal for us, that impact our brain thinking and our ability to connect with our happiness?

Jay Absolutely. I'd love to. In fact, I teach a whole university course on this and writing books about this. For me, neuroscience and brain research is the hot, sexy 21<sup>st</sup> Century topic that's going on right now because we're learning more about the human brain. We've learned more about the human brain in the past 15 years than we have in the past 1,500 years.

What we're discovering and, for me, the most remarkable piece of research to come out of brain research is this concept called neuroplasticity. What that really – it's a fancy term which actually describes, the human brain is not fixed. It's actually adaptable and can change and we have the ability to change our brain structure. Let me give you an example of neuroplasticity in action. Think of what – do you like to go hiking, Kym?

Kym Yes, I do.

Jay [Indiscernible] if you think about hiking through the woods and you see a trail, alright? After many people walk [indiscernible] off that same trail over and over again, it's going to be pretty worn and it's going to be pretty easy to walk down this path. Our thoughts do the same thing. Every thought that you have, every emotion that you have, Kym,

leaves a trace in your brain. The more you travel down that same emotion, or thought, the more worn that trail is going to become in your brain.

So here's an example. Let's say your thought and your emotion is, gosh, you know what, life is a struggle. Why is it everything is so difficult and a challenge for me? Why can't I do anything right, blah, blah, blah? All these negative thinking and thoughts and emotions come into your mind. What we're discovering in the neuroscience research is that now builds a pathway in your brain.

That's the bad news. The good news is this. We can change this. We have the ability – every single one of you has the ability, based on your brain research, to change this new path. When a situation comes along, say your girlfriend dumped you, or you get yelled at by your boss, or your kids are acting up, or whatever the case might be, rather than going down that same path that you normally would go down, or traverse in your brain, you make a new pathway.

This is neuroplasticity in action. This is really why brain science is affirming something so powerful. A really great phrase that I use, which is so powerful, to underscore the study of neuroplasticity – change your thoughts, change your brain, change your life.

Kym Yes. That's an interesting picture you create when you talk about walking, hiking, and that worn path that you create when you're following a hiking trail and the whole notion

that, in your brain, the exact same thing takes place. When you're struggling with happiness, when you're struggling with – what do you suggest people do, Dr. Jay, to create that new path? What are some of the things they can do?

Jay Yes. Yes. This is something I talk about in my book *Brain, Body & Being*, is the notion that the brain research is affirming something very powerful. Of all the emotions that we humans are allowed that we are capable of expressing, the one emotion that seems to be the most powerful, in terms of switching on the brain circuits for happiness, is gratitude. Gratitude. Being grateful for what you have.

Sometimes we forget, wow, no matter how challenging life becomes, and trust me; we all have challenges in life. The car breaks down, or you've got an altercation with your partner, or the kids act up, or you've got a really bad day at work. All those things are challenges, but what we're discovering is that when you express gratitude, it's almost like what you do is you put the emotional brakes on all the intensity and velocity of all the stress taking place in your life.

What we're discovering about gratitude, Kym, that's so powerful, what I do – it's such a great exercise that I do as well. I wake up every morning and think up at least three things that I'm grateful for. Three things. It could be a person, a situation, anything that you feel grateful for. What they're discovering in the neuroscience research, the brain

research, is that when you begin to do this on a regular basis, that same neuroplasticity effect takes place. The new neural pathway gets formed in your brain.

Happiness gets activated and this is why I'm just so delighted to share this information because what we're discovering in the brain research affirmed many of the spiritual [indiscernible] for millennia. It really comes down to the basic qualities of life – love, gratitude, happiness. All of this.

Kym You know, I want to say something around gratitude here, and this is something that you do every morning. You get up every – I mean, when you rise every morning, is this something you do right away? Is that – tell me about your pattern, your habit here, your morning habit.

Jay Yes. One thing I want to mention to you, because you know gratitude, I actually have a gratitude gift for all the listeners today. If you go to my website, [drjaykumar.com/livehappy](http://drjaykumar.com/livehappy), there is a private page only for today's listeners where they can go and download their free gratitude gift, "The Ten Truths of Getting Happy."

Kym Oh, beautiful.

Jay And here they're interesting, just like little tidbits and quotes and nuggets of information on how you can experience happiness today. I wanted to mention that so anyone today

who listens in can go to [drjaykumar.com/livehappy](http://drjaykumar.com/livehappy) and download their free gratitude gift.

But, getting back to your question, Kym, what I do in the morning is, literally, the first thing I do when I wake up is express – do this gratitude exercise, three things.

Then after that I do my day, my meditation practice, but that – it's almost like what we see is that when you wake up in the morning, when you have that foundation of gratitude that starts your day, that is the bedrock upon which you can really move through your day with a sense of ease and flow.

I feel, personally, that when you do this gratitude exercise, and there are many ways we can express gratitude, but just waking up in the morning and before all the chaos and all the stress and all the things we have to do and our checklist for the day run through our mind, wake up, be happy, and be grateful. Think of three things you're grateful for. That is so simple and yet so powerful and the brain research now affirms the power of gratitude.

Kym           And you want these to be three different things every time, three different things? Not the same things.

Jay            They can be different things, same things. An example, like today, I was grateful for the fact that I got to be on your show.

Kym Yes.

Jay You know? That was one thing I was grateful for. This can change every day. It doesn't have to be the same thing. You can mix it up. It can be whatever you want, but just three things. What this does, also [indiscernible] something in the brain research there's a concept, which I'll briefly explain, called the negativity bias. What that is, this is something which has come out of the brain research. There's this really wonderful, fun quote in neuroscience research that says, "The brain is like Velcro for negative thoughts and Teflon for positive thoughts," for various reasons.

Kym Say that again.

Jay Yes, I'll say that again. Yes. I love – it's a great quote. "The brain is like Velcro for negative thoughts and Teflon for positive thoughts."

Kym Yes. Yes.

Jay The human brain, based on evolution for survival techniques, has been structured and built so as to retain negative thoughts more strongly than positive ones. That's basically based on survival and evolutionary biology, but what I want to say is this. It takes a minimum, and this is the research that's coming out, it takes at least a minimum of three to five empowering thoughts to outweigh one negative one.

Kym Wow. What did you say? Three to five?

Jay Three to five positive thoughts to outweigh one negative –

Kym Think about that. I mean, but, just think about that. Three to five positive thoughts to trump a negative thought. That really speaks to our need to fill ourselves up with positivity.

Jay Yes. Yes. I keep saying, whether it's my corporate clients or the individual clients, we need to invest in happiness. We start, as a culture, as a society, start investing in happiness and really promote happiness, not as something which is kind of tangential or kind of side thing of what we do, but it's the foundation of our life.

Whether it's the corporate world, or individual life, happiness is wired into the brain and we're discovering this more and more every day, a new bit of research comes up in brain science that affirms the power that each of us has to cultivate happiness and joy and well-being in our lives.

Kym Yes. What do you do when you are having – when you start to go down the path of having a negative thought, or something that's not supporting you, I mean, do you have

– I mean, obviously, because of what you do, you recognize that really quick. Tell us about that.

Jay Yes. You know, I'm not going to lie to you. I have my challenging days and I have my days when things aren't going as smoothly as I'd like to be or my happiness foundation kind of gets challenged a bit.

What I find is that happiness is actually – it's a direction, not a destination. What we're discovering, what I have to work on for myself is that when I find myself going down this path of maybe negative thinking is that, you know what? If I go back into that pattern and say, you know what? Why I am thinking this way when my life is so abundant and joyous? I've got all these amazing things.

It kind of goes back to the whole gratitude component, but then I realize, you know what? Happiness for me isn't about a fleeting moment or something which is externally based. It's something that I have within myself that can never be taken away from me. It's almost like it's the breath. It's almost like no one can take your breath away from you. It's always with you. The same thing is true for happiness.

Kym Yes.



Jay No matter what is going on around you, from the external factors of life, that foundation of happiness can never be destroyed or shaken or taken away from you. When I realized that, oh, I've got this whole, full tank of gas, if you will, inside me for happiness, this actually allows me to go through my day and my life and to cope with all the challenges [indiscernible] that come my way.

Kym Got you. Yes. Let's move to the work place. How can we – you do tons of consulting with major corporations. How can we apply this? What do you suggest we do in the workplace? What can we do? What are some of the things that you recommend?

Jay Yes. One thing that we're discovering is that – this is a very startling fact. I found this in the process of writing my next book about the brain at work and the workplace. US employers lose half a trillion dollars in lost revenue every year due to unhappy employees. I want to repeat that again. Half a trillion dollars in lost revenue, every year, by US companies due to disengaged or unhappy employees. One thing that –

Kym Wow. That's a tweetable –

Jay It is. If that's not a wakeup call for corporations and companies to invest in happiness, then I don't know what is. But one thing that they can start doing, and one thing that I'm writing about in my next book about the social brain, is looking at the brain and looking

at your employers not as workers but as valuable members of your team, your tribe, your social tribe.

One thing that I do, I tell my CEOs and my corporate clients, you need to express gratitude [indiscernible] have your employees feel valued, belonged, and engaged, and vital to your company. When your employees feel that they are a vital piece of your company's success, that they are integral and crucial to the overall productivity of the company organization, that is going to be the motivating factor that allows your employees to come into work every day feeling happy. What we're showing is that happy employees equals happy companies.

Kym      What are some of the things that you – very specific blueprint that you instruct corporations, or people in the workplace, to do to make sure that they're feeding into that value, that belonging, that engagement? What do you tell them, some things they can do today?

Jay      Yes. Things they can do today. One thing that they're showing to increase workplace happiness is to have sociability. We're discovering something very powerful, the brain being the social organ. So when you promote the idea that they're showing – well, look for an example, they're showing that employees who have a best friend at work are less likely to call in sick, or to steal, or to leave. They feel that there is a connection taking place there.

One thing that I encourage my corporate clients to do is to increase this idea of sociability, so to promote external events taking place. Let's say there's a softball league that your company is signed up for. Great. Do it. Because what that does, it builds cohesiveness and social strengthening of the employee. One thing that I always say to my corporate clients is that they need to see the whole company as what I call a tribe.

Kym Yes.

Jay When you begin to see your employees as important members of your tribe, and when your employees see that as well, things are going to start changing. They move out of the part of their brain which is almost about, I'm just here to work and get a paycheck, to saying, wow, I'm actually a very valued and engaged employee in this company. Yes, I'm going to start putting the extra hour of work or coming in early and putting the extra mile in to get the job done.

Little things like this – and there's a whole vast array. It really depends on the company and the client that I'm working for, but the basic thread that kind of weaves through all the different companies that I counsel for my clients is this idea of having your employees feel the need – feeling the need – feeling valued, belonged, and engaged in the company.

Kym Right.

Jay That's the crucial thing.

Kym Yes. I just want to, before we transition to closing down our session for today, are there some – today, some of you are already at work. Some of you are on your way into your office, or engaging with people, engaging with your vendors, who are your partners as well. It's fair to say your vendors are also a part of your social tribe, wouldn't you say?

Jay Absolutely. Absolutely. There is a four-pronged approach, which I won't get into too much. In the work that I do for my investing in happiness [indiscernible] for clients [indiscernible] when it comes to my clients, your vendors, or retailers, are a very important part of your tribe. So feeling, having your vendors, or retailers, or your consumers, also be a part of tribe is so important. That could be a topic for a whole different show we could get into.

Kym Yes. Exactly.

Jay But it is so vital to what I call "invest in happiness" and we do this and there are very powerful tools and techniques that we can do in the workplace that I offer my clients to make this happen. Again, lastly, I know we have to wrap up pretty soon, it's really about – I'm really focusing on this idea of gratitude. Going to work and feeling grateful. If you're

an employer, or if you're a leader, or a [indiscernible], gratitude to your employees; and if you are a vendor, express gratitude to your vendors as well. It is so crucial and so important.

The last thing I'll say before we wrap up is that my way of saying gratis to all of you, again, is if you would like to download my free gratitude gift, this is just for members, for listeners today, and they can go to my private page on my website [drjaykumar.com/livehappy](http://drjaykumar.com/livehappy) and download "The Ten Truths for Getting Happy."

Kym So that is [drjaykumar.com/livehappy](http://drjaykumar.com/livehappy) for that gift from Dr. Jay Kumar. I want to give you guys a few really great Tweets here that we wrote down like, "feeling valued and engaged is key to happiness in the workplace." Another one is "happiness is a journey, not a destination." Another great one here – the – I'm trying to read this. What is that right there?

Jay [Indiscernible].

Kym The one about "the brain is like Velcro for negative thoughts and Teflon for positive thoughts." The negativity bias. That's something else there. And "wake up, be happy, and be grateful." Write down three things you are grateful for. I will say this to everybody is that if you've not been able to adopt the wake up and think about things

you're grateful for, the thing you want to do is when you get home, put something up on your mirror that says, three things I'm grateful for.

Just something that's going to be a reminder for you, or something in your car, or something that you – a little Post-it note or something you can put in your car.

Something that will remind you, because I think most of us want to do it and life gets going, especially if you've got kids. You've got things going on that it's really easy to overlook that but I will tell you, that it absolutely changes the tone of the day and what's happening inside of you.

The other thing I want to ask you, too, is that if you've not plugged into *Live Happy* magazine, I want to invite you to become one of our subscribers. You can just go to [livehappy.com](http://livehappy.com) and subscribe. We've got three happiness reports that we're going to give you that's on some fabulous new research and this is really exciting, it's now digital. So not only do you get the physical magazine, but you'll also receive the digital version of the magazine, so I just want to invite you. Become a subscriber. Join our social tribe. That would be great.

Also, nice little perk, this call with Dr. Kumar, not only are we going to send this to all of our magazine subscribers, but you're going to get a transcript, the written transcript of this entire interview. I know that we're having a little bit of some audio challenges in

different parts of this and you'll be getting the written transcript so you can have every piece of this.

Then we're also having a beautiful infographic that's being made, so that it takes all the top tips and they're put into a one-page infographic. That's just something that we want to do. We're grateful for you and it's a way for us to give you concrete information that you can share. See, here's the thing with happiness is one of the top tenets to happiness is sharing it. It's contagious, but we also want you to share it with other people.

The other thing is, I want to remind you because of the holidays, is we've got our Live Happy notes which are going gangbusters. If you've not seen these, these are Post-it notes with 10 different handwritten notes, statements on them, and they're repeated within a Post-it deck 5 times for a total of 50 notes. The package comes with 250 of them. So, anyway, you can get those at [livehappy.com](http://livehappy.com).

I want to encourage you because that is so powerful, being able to just walk up and leave a note on a tip, or to put one in an elevator, or put one in the ladies' room or the men's room. Just put them up on the mirror. It's incredible and they're already done for you. I call it happy graffiti.

Then our book, the *Live Happy 50 Happiness Facts & Quotes* is going gangbusters. It's beautiful. These are all just great ways to engage yourself in happiness. Great ways to –

that whole statement around three or five positive things, statements to counteract a negative statement, this is the kind of information that you need that's all, again, based on science.

Just from a savings standpoint, I just want you to know that anything at all that you get from our Live Happy store, it's 15% off and free shipping up to 25 – with free shipping when you purchase \$25 or more from the Live Happy store and enter this discount code. It's a toughie, so get ready. That discount code is wakeuphappy. No spaces; doesn't matter if it's uppercase or lowercase, just wakeuphappy. That's the discount code.

Dr. Jay Kumar gave us a quote. Now before I read this quote, Dr. Jay, I'm going to ask you to give our audience for today and today only, if they only do one thing today, I want you to share with them what that is and I'll come to you about that. I want you to think about that just for a second. But the quote that we have from Dr. Jay Kumar is, "Pleasure has a limited shelf life. Happiness has no expiration date." Oh, man. That is great. "Pleasure has a limited shelf life. Happiness has no expiration date" – Dr. Jay Kumar. That is fantastic.

Tomorrow, I just want to tell you, you're going to learn about how to profit from the positive with a fabulous, fabulous lady, Margaret Greenberg. Writes for *Live Happy* and she's – we're really looking forward to Margaret and she's going to be great. Again, the topic tomorrow is how to profit from the positive. Okay. Dr. Jay, what can we do? One



thing when we hang up the phone, when we all get on with our day, what do you want us to do?

Jay One thing I want you to do is go out there and say thank you for one person in your life and smile, because that is one of the instant ways your brain [indiscernible] happiness.

Kym Wow. Go out there and say thank you and smile. That is great. It's simple and it's – you know, the one thing that we see over and over in our research is that lack of appreciation, lack of gratitude, are the two biggest things that we as humans crave the most – appreciation and gratitude. So a great, great thing to do today. Dr. Jay Kumar, thank you so, so much. We're going to get you back to talk about workplaces and just laser in on just the workplace for another *Wake Up Happy* session.

For everybody, go out and have a fantastic day. There is a lot to be happy for and there is a lot to have gratitude for and I'm just thrilled that you were here with us and, Dr. Jay, I'm just equally thrilled that you were able, with your busy schedule, to participate in our show. Thank you again. Bye, bye for now, everybody.