



## Transcript: Wake Up Happy with Dr. Fab Mancini

### HOST

Kym Yancey

### SPEAKER

Dr. Fan Mancini

### PRESENTATION

Kym            Hey, good morning. This is Kym Yancey. I'm the co-founder and CEO of Live Happy and it's wonderful to have you along with us this morning. This is the second day in our five day series of *Wake Up Happy*. Wonderful, wonderful day out here and it doesn't matter, right, for all of us happy people. It doesn't matter if it's clear, if it's rainy, if it's snowy, if it's whatever it is. It's great and there's a lot to be thankful for.

I want to tell you, we've got a fabulous, fabulous program this morning. We're going to be talking to the incredible Dr. Fab Mancini. I'll tell you more about him, but we're going to be exploring deeply the three physical habits that we can do to be happy.

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We're going to be focusing on self-healing, not only physically, emotionally and spiritually, we're going to get into that with him; the three top emotions that help us self-heal and be happy. And then why is it that what we believe in is important in our healing towards happiness and how to embrace the spiritual side of being happy. So a lot of areas we're going to cover with him.

I want to also share with you that we are a magazine and, you know, just plug into us. Both the physical magazine and the digital version of [livehappy.com](http://livehappy.com). You can tag us at Wake Up Happy. You can search Live Happy, you know it's really simple, just go to [livehappy.com](http://livehappy.com).

What I want you to know is that we've got an incredible editorial team. I mean some of the brightest people on the planet in my view. They really scour to find the latest research and talk to leading experts in the area of happiness and you know, *Live Happy* has got it. I couldn't be more thrilled to know that this resource is available for you to really address any issue that you might have. Whether it be financially, whether it be your relationships, your career, the life you lead as an entrepreneur, whatever it is, you will find that we've got content and insights that will help you.

I also want to tell you and invite you to be a part of our Happy Acts movement. We're really into the small things that you can do easily that compound and make a huge difference. Check out what we've got for you around Happy Acts, that's

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happyacts.org. You can learn all about the ways that you can plug into doing things that create kindness and happiness for others. We call it our Happy Acts challenge.

It's really all about the things that you can do; from holding open a door for someone to maybe buying a cup of coffee for the person behind you in line or whatever it might be. But we've got a whole list of things that you can do to spread happiness.

Also, I want to encourage you to register. It's free, completely free, for our first worldwide 24-hour happiness livestream. That's going to be taking place, and we kick it off on Thursday March the 19<sup>th</sup> at 8 p.m. Eastern Standard Time and roll it for 24 hours until 8 p.m. the very next day on March the 20<sup>th</sup>.

This is all in celebration of the United Nations International Day of Happiness and we're leading the 24-hour happiness livestream. I've got to tell you, not only are you going to hear to from Dr. Fab on this *Wake Up Happy* series today, but he's also part of our 24-hour happiness livestream. So, just want you to be aware of that.

And then last thing I want to share with you as part of our Happy Acts is our happy notes. Our Live Happy notes. People just love these. I've got to tell you, I was at a conference this past week in Anaheim, California. I shared during this conference with several of the different exhibitors, people I met, and I shared with them a pad of

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our Happy Notes. And without fail every person that I shared these Happy Notes with wanted another pack.

And I said to them, in fact one woman with this one company I said to her, "You know, it's interesting that everyone I share one of these packs with they want another." And she said, "You know why, don't you?" and I said, "Well, tell me." And she said, "Because we want other people to have this powerful tool to share with other people they know. In other words, you gave me a gift and I want to keep this gift you gave me, but I want to give it someone else this because I know it'll really help them."

These happy notes, which you can get at [livehappy.com](http://livehappy.com), they're in our store. They are ten individual handwritten notes that repeat themselves in this deck five times for a total of fifty notes. It's just incredible; these happy notes. So I just want to pass that on to you.

Alright, so with that are you ready for Dr. Fab? Let me tell you about him. Dr. Fab Mancini is Fox News healthy living expert. He is a world-renowned chiropractor, Hay House bestselling author of *The Power of Self-Healing* and host of this popular radio show *Self-Healing with Dr. Fab*.

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He is also the best-selling author of *Chicken Soup for the Chiropractic Soul*, an internationally acclaimed educator, business leader, speaker, and President Emeritus of Parker University here in Dallas, Texas. He has been featured on *Dr. Phil*, *The Doctors*, Fox News, CNN, CBS, ABC, NBC, Univision, Telemundo, and others.

He's been interviewed in various documentaries and has received honors like, Heroes for Humanity, Humanitarian of the Year, CEO of the Year, and induction into the Wellness Revolutionaries Hall of Fame. Most recently the President of Mexico even named the library at UNEVE, Mexico's new leading university, after Dr. Fab. Dr. Mancini is also a graduate of the prestigious Institute for Educational Management and the graduate school of education at Harvard University.

Now I want you to know something, you'll hear me refer to him as Dr. Fab and Dr. Mancini. So when you hear both we're talking about the same guy. Okay. Alright. Hey, Dr. Fab, great to have you as part of *Wake Up Happy* this morning.

Dr. Fab      Good morning Kym, I'm so excited to be with you. I'll tell you I have been looking forward to this.

Kym          Well, you know I love your information on self-healing and I want to jump right into this in terms of your personal journey and your observations over the last 25 years that have led you to this place, this expertise in the power of self-healing.

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Dr. Fab Well, you know, Kym, my journey began when I was 18. I wanted to be a doctor. And then I started really going through school and learning a lot of what the book says is what keeps us healthy or what gets us to regain our health whenever we lose it. And as I started observing my own patients and other people's patients and listening to people and watching them, I realized that most people don't really understand where health comes from.

And one of the key factors that I identified is the fact that health is not only physical, but it's emotional and spiritual. And then I began to look at the science and see what the research is saying about where health is actually having an impact in our lives and that's when I began to report. And that's really why I think this last book became an international bestseller and so many people are referring to it as a guide towards truly healing yourself from the insider out inside out.

Kym How does one begin to approach that? How do we start to think about that? You know, whether we're having, you know Dr. Fab, back pain, or you know, shoulder aches, or you know kidney stones. How do you approach the mindset of self-healing and making that happen be a reality for yourself?

Dr. Fab So that's perfect. Why don't we take back pain as a simple example, but it could be pretty much any condition out there? So the way that I would look at this is I would

say, "Okay, physically, what's causing my back pain?" And there's three things that I know are going to help my back pain because the science has told us and people have reported over the years.

The first one is I got to watch what I eat. You'd be surprised how many times our nutrition is really having an impact in our pain. Because when we don't feed our bodies, when we don't feed ourselves properly, the problem is they can't function the way they were designed to. And when the cells can't function, that's what creates a lot of the pain in our lives.

The second one is we have to exercise and move. See most people's back pain is because they're sitting around too much. In fact, there's so much research over the last 20 years that we become a society that is sedentary. In fact they call it the "sedentary syndrome." That means we're not moving enough, so we got to get up and move. We got to walk.

We have to make sure that in offices we are taking breaks and moving around. Or even if you are sitting around at your desk, just get up every 30 minutes and move around.

And then, of course, the last one is you got to add some nontraditional provider into your team of providers. We know that traditional medicine is amazing, especially

when it comes to urgent care. But you know having a chiropractor and getting adjusted on a frequent basis, or maybe finding an acupuncturist out there that can help you balance your energies from within naturally. Or finding a homeopathic doctor or natural practice doctor. This is one of the things that we have found really helps us make sure that we can prevent our back pain from a physical level.

Kym Tell me about the mindset. The happiness. The rule that happiness and the principles of happiness play in the self-healing process.

Dr. Fab Well, one of the things that we started observing, so now that we've discussed the physical, one of the things that we started observing is the fact that emotions have a lot to do with our health. Now in the 1950s we had the father of stress called, Hans Selye, and Dr. Selye said that over 90% of our conditions were due to distress, he called it.

And distress is how we respond emotionally to the stressors in our lives. So now we know that our emotions really change the chemistries of our bodies. And in fact, I'm here to tell you that our emotions, our feelings, is what determines how healthy we are.

And happiness is right there in the middle of it because many of the emotions that we are dealing with that are destructive such as worry, anxiety, depression, anger,

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resentment. Those are all things that are actually a lack of an expression of happiness.

So when we started looking at what emotions are the emotions that promote happiness in our lives, Kym, this is what we found. The number one emotion that we found is forgiveness. Because when we let go with all of our past, we're able to live in our present and we're able to truly be happy. That means we're releasing all those negative feelings such as, "somebody hurt my feelings, my boss betrayed me, my teacher didn't support me, my parents didn't love me enough." All of those things are gone and we can really forgive.

The second emotion that we find that promotes happiness is the emotion of gratitude. Because most people are not happy, because they're still looking for "When I get X amount of money every month then I can be happy." Or, "When I buy these shoes I can be happy." Or, "When I take this trip I can be happy." Or, "When I have the corner office I can be happy." Or, "When I attract the perfect man I can be happy." I'm here to tell you, let's be grateful for what we have today.

Every day I want you to write a list; three things that you're grateful for or even three people that you're grateful for and let them know. Or just even tell the universe and God, "I'm grateful for this thing" and you'll be surprised with the level of attraction, how you attract even more of that into your life.

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And the last thing that we find that promotes happiness, Kym, is actually love. And I'm talking about an unconditional love that begins with ourselves. You know the best way I can describe unconditional love is kind of like the love that you have for a newborn baby. That there's no expectations. That you just love them for what they are in the moment.

Or perhaps when you love a puppy. You know a brand new puppy that comes into your life and you know that puppy's going to love you unconditionally so you want to love it unconditionally too. That's the kind of love that you have to have for yourself.

From the moment you wake up in the morning by telling yourself, "I love you." And telling other people around you, "I love you." And hugging them and hugging your kids. And when you express love like that, when you treat your customers like if they were family. When you begin to treat other people, even if you don't know them, as somebody special in my life, because you know what, they're human beings. Let's treat them with respect and love. That's the thing that promotes happiness the most. And when you have happiness in your life, Kym, that's when you reach the ultimate state of health.

Kym            You know what, Fab, do we as people, I don't know what the numbers are here, the percentage of people that are going to the hospital or dealing with ailments and

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things that are taking them down that are controlled by what we believe. As you said, our emotions. Help me understand how big a role emotions and all this play in what we see as this rampant disease.

I got to tell you something, it almost feels like on every busy corner there is either an urgent care, hospital, or something. It's like something has ignited, I think, in our culture around health and wellness that is sending us down the wrong path. What's your view of that?

Dr. Fab Well, the thing that I'm finding right now is that, you know, you turn on the news and you realize that we have a broken healthcare system. We only have a broken healthcare system because it's not truly healthcare, but it's sick care. That means you got to be sick before you actually enter the system.

The second thing is that most people are looking for answers outside of themselves. You know what, Kym, our bodies are designed to heal. To heal physically. To heal emotionally. To heal spiritually from the inside out.

And when we tap into that power, then we find ourselves with the greater ability to heal. But I've got to be honest with you, you know there are two main drivers in life. Most of us are either seeking pleasure or seeking pain. I'm here to tell you when you choose happiness you're choosing seeking pleasure.

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When we're happy it's because we're doing the things we love to do. We're surrounding ourselves with the people we want to be with. The people that make us feel good about ourselves. The people that we can be ourselves with. Those are the things that are primarily seeking pleasure.

When we're seeking pain or punishment is when we're actually forcing ourselves to do things we hate. To be around people that degrade us. To feel like in life I'm not meant to be happy. I just have to work work work and pay the bills and I just have to suck it up. You know. Life was not meant for that.

So I think that society is really struggling right now because we're all trying to find what is it that really makes us healthy. And I can tell you right now, happiness is essential. Because when you choose happiness you are beginning to really like yourself more. You're beginning to put yourself first so you can then take care of other people. You're beginning to recognize that in life you were meant to be healthy. You were meant to have abundance. You were meant to have all the joys in life and be able to do the things you really want to do regardless of your background.

You know so many times people tell me, "Well, Fab, you don't understand, my parents got divorced when I was young so I can't be happy." Or, "Fab you don't

understand we grew up poor, I can't be happy." Or "Fab, you don't understand, I just don't have any education." Listen, Kym, you and I both know that in this country, especially in the United States, there has never been an excuse for being successful.

We have seen that the biggest successes in life have been people that have come from the lack of. But they have one thing in common. They all chose themselves first and they all believe, they all believe that it was possible. I'm here to tell you that your belief system about yourself, about life, about health is what's determining how healthy you are.

So I want you to understand and pay attention to what are you believing in. And where does this belief system come from? Did it come from your religion? Did it come from your parents? Did it come from your teacher? Did it come from the magazines that you're reading? Does it come from the TV shows that you're watching or the movies that you're watching? And then, if it's not working for you I want you to know you have the power to change them.

You know some people believe that, you know when I'm born, I'm meant to get sick and I'm meant to be able to not live a great quality of life after I turn 50. You know most people say it goes downhill, and then you meet people like 70 or 80 years old

that are looking and feeling like they were 20. And that's because they have a belief system they chose to live life to the fullest regardless their age.

Kym

I had a situation where I was meeting with a dear friend of mine. And she is very upbeat, very energetic, very positive. Happens to lead a master's degree management program at a big university. And she went on as we were talking about this about her husband who had been suffering from some kind of illness. I don't know if it was back pain or something, but something. But the point that she made is, "I've got to get him pumped up, I've got to get him out. He seems to be, you know, always looking at what's not right but what's wrong and all the things that could go wrong."

It was interesting because I was introducing *Live Happy* magazine to her. She really, she really latched onto it. She got this, "Oh gosh, this is the thing that my husband needs." Now here is why I'm bringing this up. She was very up, very positive, very energetic, you know, but she has a spouse who's the opposite, sees what's wrong. And this is a smart woman, and now she sees *Live Happy*, for example, "Look, I'm going to get this publication to him and I'm going to do some things to get him pumped up."

What's your view of that? I love that, but it's really kind of interesting sometimes.

With spouses, where one's up and charged up and happy and the other one isn't.

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And the one who's happy wants to see the one that isn't get happy. What do you suggest about making other people happy? What are your thoughts about that?

Dr. Fab

Well, the first thing that I learn in life, especially as much as I study and as much as I look at what's working out there, you really can't change anyone unless they want to change themselves. I have found that the most effective way to influence other people is to live your message.

If you are happy yourself; if you are a person that wakes up with a sense of joy; if you are a person that is grateful, a person that loves themselves; a person that's really excited about what they do in life and the contributions they're making, you can't help but to become contagious to the people around you. And that means your husband, your wife, your partner, your children.

So, I've always said to people, you know, whenever they mention to me similar cases, I said, "Be the message, live the message that you want to give someone else." And every day begin to live it to the point that they can't help themselves but to say, "Wow, I want some of that." Because you know if they're not happy, if something is not working in their lives it's typically because they're not doing the right thing. They're not thinking the right thing. And sometimes all it takes is to have somebody around you that all of a sudden brings you back to reality.

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The second thing is to give them suggestions as to one or two little things that they can do to shift the way that they're being. For instance, to me when you have so much depression in the world, you know over 25% of the people are declaring that they're depressed.

The first thing I say to them is, "Why don't you just begin by smiling, just smile everywhere you go. Smile when you get up in the morning. Smile when you're brushing your teeth. Smile when you're getting dressed. Smile when you get to the office. Smile when you meet your client. Smile every time that you do something."

A simple smile changes our behavior. It changes our chemistry. It changes the way we feel about ourselves and that's one simple action that can really make a difference in our lives.

And now to me, I'm a hugger. A hug is also where science has also documented that when we hug other people, we actually change the physiology in our bodies. You cannot be unhappy when you hug other people because you get nurturing. You get love. You get into that space that is a private space.

Especially when you hug it's full of great intention towards the other person. I want you to know just a simple hug every day makes a big difference. So hug as many

people as you can, especially your children. Let me tell you they need it right now more than ever.

Kym I've seen you at conferences and you get off stage and you go and you'll sign books and you'll have an unbelievable line of people waiting to talk to you. Is there a theme? Is there something you've noticed that's a theme that each person who comes up to you and they bring up something specifically?

Dr. Fab You know, it's interesting that you say that because many times people say, "How do you measure the success that you had in a conference?" And to me, my own measurement is the fact that I ask them a simple question every time they come up to get a book signed. I say, "What was the one thing that inspired you today." Or, "What is the one thing that you got out of this presentation?"

One thing that I look for is when they say to me, "Dr. Fab, I felt you were speaking right to me." Or, "When you said this it really spoke to me." Or, "When you said that I realized I needed to change this."

You know one time I had a lady that had been in abusive relationships all her life and I didn't know that. She said she was physically abused when she was 15 years old by her uncle. And from then on she went from marriage to marriage, bad relationship after bad relationship. And she had been in an abusive relationship for five years.

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And you know she heard me talk about unconditional love. And she said to me, "Dr. Fab, I want you to know that this is the end of my abusive relationships. I am going home, I'm leaving this relationship. I'm going to start working on myself and I got it. For the first time in my life I realized that I was the one causing this in my life. It wasn't somebody else's fault. I was the one choosing this negative relationship, these people that were abusive because I didn't love myself enough, and I'm now beginning to love myself."

So to me I find that whatever resonates with people that they choose to say, "It's time for me to make a change, so that way I can have things working in my life." That's what I look for as far as its transformation in the people that I actually impact.

Kym Give me your view of this as a doctor and someone who counsels, really, millions of people all over the world, the importance of practicing happiness. Developing your happiness skills and applying them to your life. Talk to me about, from your view, the emotional, the physical importance of understanding the role that happiness plays in your life.

Dr. Fab So let's take it and break it down in to the three buckets that we talked about. Physically we know that happiness changes our physiology. You know when you're

happy you tend to have a body posture that is more erect. You tend to put your shoulders back, your head is upwards. You know you tend to walk with a little pep in your kick. You tend to, all of a sudden, feel differently when you're happy.

You know you notice that the one thing that most successful people in life have is the fact that they are happy; not because they're going through the struggles, they are happy because they've identified that what they're doing is exactly what they were born to do.

So, happiness from a physiological perspective we know that it changes our physiology. It makes us healthier because of that. On an emotional perspective we know that happiness changes our chemistries. We know that the brain doesn't function the same when we're happy. In fact, there is a doctor called Dr. Daniel Amen. He's one of the leading speakers on the brain function. You see him always on PBS and written over 27 books on the brain function and he does this thing called a PET scan.

And PET scans, if you can image, is like an imaging of your brain. And he says that when people are happy the brain lights up like it's never done before. That different parts of the brain just light up and the chemistry changes and we begin to produce chemicals like serotonin, oxytocin, and norepinephrine. These are like the natural highs that we get like when we're running for a long time or when we finish making

love. These are the same chemicals that are produced when you're happy. So why not just be happy and be able to be in that high all the time naturally.

And of course the last one, and this is one of the things, Kym, that I think is important for people to appreciate is when it comes to our spiritual happiness it's really finding meaning in life. It's to finding whether a belief system; if it's a religion for you or spirituality or just getting bonded with nature, it's exercising a spiritual life, and that we know leads you to happiness.

You know many people right now are meditating. And through meditation and prayer they're finding that they're much happier because they find hope. They find fulfillment. They get away from this chaotic world that is full of the stresses around us that we can't control such as the economy, and such as relationships with other people we can't control.

Let me tell you; when you live a spiritual life, when you recognize that there's a deeper purpose, when you recognize that you're connected with something bigger than yourself, that you are part of something much better; when you recognize that you're a spiritual being first and a human being second, that all leads to us being happy.

And when you're living in that state of peace, when you're living in that state of hope, when you're living in that state of possibility, that's what we already know creates greater meaning in our lives. And that's why many times we seem to attract much greater things than others is because we're exercising those three components. So that's how powerful happiness can be in your life right now.

Kym You know, as you speak there's an energy. I think everyone listening can feel this energy emanating off of you. Has there been, and we've only have a couple of minutes left, has there been a tipping point in your life? Was there something that, you know, just changed the trajectory of your life? Or have you always been moved in this way where you were so compassionate and so caring for other people.

Dr. Fab You know when I ask my mom and my dad, my mom and my dad said that since I was little I always seem to be, out of five boys, always a happy boy. You know I always seem to be very caring, nurturing, looking out for my friends, etc. But I must be honest with you, when you ask me that question the first thing I think that was a defining moment in my life is when I was 16 years old I was involved in a robbery that almost killed me.

You know, I came close to dying. There were many robbers in my house. They were hitting me with the back of the gun in my head looking for a safe. They broke my brother's head and he was bleeding and we had to rush him to the hospital. But at

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that moment in my life I realized that I made the decision that I'm not going to take life for granted anymore. That I'm going to live my life like there's only 24 hours. And if I chose to do that how that, how would I live it? How would I show up?

And let me tell you what came from me. What came from me is that I chose to be happy at that moment. I chose to recognize that when I'm happy is when I live my life to the fullest in this moment right now.

Eckhart Tolle calls it "The Power of Now." So right now I want you to hopefully depart with these words, "Live your life like you only have 24 hours." Make sure that you know that whatever you're doing right now is maybe the last time that you do it, so do it the best that you can. And the people in your life right now, treat them like as if this is the last time that you're going to see them and you'll see how things change in your life.

And when you have customers, treat them like if they are the best things. Thank them and be grateful and love them like if you'll never see them again and you'll see how your business just soars. So that was my defining moment, Kym, that really changed my life because I chose to be happy. And every single day I wake up with this feeling that just takes over my life and it's been amazing.

Kym Man oh man, I tell you what. Not only do I want hug you, everybody on the line wants to hug you.

Dr. Fab I'm sending [indiscernible].

Kym That's great; that's great. I love you. I love you. Alright so listen, Dr. Fab. I want everyone to hang on for just one more minute because I want you to give everybody a charge for the day. So I'm going to come right back to you, but I want you to give everyone, when we hang up, just this from you, the thing you want them just to do today to expand their happiness for themselves and others.

I want to remind everyone about the spotlight event that Live Happy is really endorsing. And that's the big event that George Mason University is producing in March, this month, the 26<sup>th</sup> and 27<sup>th</sup>. It's called Leading to Well-Being in Workplaces, Organizations, and Communities Conference and complete details are at [wellbeing.onmason.com](http://wellbeing.onmason.com).

I'm so excited about this event. I'm going to be there. Some other member of our team will be there, [wellbeing.onmason.com](http://wellbeing.onmason.com). It's this month and look at the whole lineup when you check them out. So I wanted to tell you about that.

Okay, the last thing I want to ask you to do is if you're not a subscriber of *Live Happy*, please subscribe, be part of us, be a part of this movement. And if you're already a subscriber please consider, you know, subscribing someone else as a gift. Give the gift of happiness to someone else. You know this is how we do it. This is how we as a culture make a difference and raise the happiness on our planet. Dr. Fab, what do you want to leave us with today? Our charge?

Dr. Fab

Well, our charge today is going to be very simple. Our charge is going to be to actually love ourselves a little bit more. And what that means is very simple. When you wake up in the morning I want you to take the time to just wake up with gratitude.

When you begin to get ready, or when you have the person next to you, I want you to take the time to be grateful for them and don't take them for granted, or I'll see them later, or we're going away this weekend. No. Do something right now and right then.

When you get ready to go to work, I want you to recognize that your work is not about you. It's not what you can get out of it. It's what you can contribute to the lives of others. I want you to be a little bit more patient with yourself.

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Many of us are in such a rush to be successful. And one thing I learned from my dear friend, Lisa Nichols, [ph] is you can't harvest and you can't feed and harvest at the same time. That means just recognize right now you're harvesting a lot. You're putting a lot of goodwill out there, and the more goodwill that you put out there the more that you'll get to harvest in the future.

And then lastly, I want you to not take this day for granted. I want you to do the things you want to do. I want you to be around the people you love. I want you to be kind to yourself and be good to yourself and be able to recognize that happiness is a choice. So just choose to be happy. That's all I want you to do. Choose to be happy and don't let circumstances around you dictate the happiness.

Because let me tell you, our response to that circumstance is what determines our happiness. If you choose to be happy regardless of the circumstances, now you have mastered the art of happiness. And you can join this club of incredible club of happy people.

Kym

Dr. Fab, thank you so much. You've got the charge. Let's do it. It's so on-point. It's fantastic. Have a fantastic day. Dr. Fab, thank you for blessing us with your insights and your wisdom. We truly appreciate it here at Live Happy.

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Dr. Fab      Thank you, Kym, so much, and congratulation on the contributions you're making for the world. You've already made me happy just with this conversation.

Kym      Thanks so much. Alright, everybody, bye bye for now. Until tomorrow, tune in, Roko Belic is the producer of *The Happy Movie*. Incredible. Wait until you hear about this tomorrow. See you tomorrow. Bye Bye.