

# Dr. Nancy's



## Learn How To Have The Happiest Year of Your Life!

Have the Happiest Year of Your Life with Dr. Nancy and 12+ Experts!

### How to Have The Happiest Year of Your Life

[See Dr. Nancy's video invitation to happiness!](#)

Happiness is no longer an elusive butterfly.

**Research has shown that there are definite factors that cause or defeat happiness; I and over a dozen of my colleagues have decided to share them with you in usable concrete ways!** For the next twelve months (at least) The E-zine will include documented research, and proven techniques for happiness by expert authors and speakers who will give you the best they have to offer for free! In addition, **I will provide a summary of the key points on happiness on the First Monday of each month on KDKA-TV Pittsburgh Today Show.**



In a world of financial, personal and career uncertainty, explosive world events, weather tragedies, bad news and individual challenges, there is still room for happiness. I am doing this as a result of an inner perception that this project is needed to increase people's levels of happiness despite circumstances and world conditions. The series represents a desire to follow my inner guidance and spread happiness as far and wide as we can. As a result, **I am inviting you to forward the newsletter to anyone in your life who desires happiness.**

[\[Sign Up Now for the Happiness E-Zine\]](#)

Why? **Because happiness can be yours for the asking.** What we know about happiness is that it is **attainable, contagious**, influenced by the people, food music and events we expose ourselves to, and is a constant attitude of choice. Yes, choice. Former president of the American Psychological Association, Martin Seligman, Ph.D. reports that optimism can be learned and shaped so that you can choose an attitude of optimism consciously and with intention.

Author Steve Bhaerman adds that while pessimists may be very much in touch with reality that **optimists are happier and live longer!** Happiness and optimism, as your intention, is a powerful way to live and we plan to bring you clear guidelines and direction for creating this intention. Today, to start your progress toward happiness, set your intention to be happy. Steve lists five pillars that focus on the good life, a life worth living, flourishing, and well-being:

- **Positive emotions**, including engagement and happiness.
- **Positive traits**, including strengths and virtues and pursuing excellence.
- **Positive relationships.**
- **Meaning and purpose.**
- **Accomplishment.**

Once you set an intention, it is the source from which you choose or desire to act. As you follow your intention, you learn about yourself more fully. You discover the ways in which you hold yourself back from joy and happiness. If you stay the course, you can experience transformation in a new way, taking on new beliefs and behaviors that create happiness and leaving old ones behind.

### How to Have the Happiest Year of Your Life Ever

- [Introduction](#)
- [Why be Grateful?](#)
- [A Technique for Freedom from Negative Thoughts](#)
- [Clearing Blocks to Happiness](#)
- [Self-Acceptance: Be Happy right here and now](#)
- [Dr Nancy's RxTV](#)
- [List of Resources](#)
- [Coming Events](#)
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- Watch TV consciously, choosing programs rather than just sitting down to "watch and relax."
- Choose programs that educate, entertain or inform in a way that makes you come away feeling that the time was productive.
- Avoid over-viewing and coming away saying to yourself, "I can't believe I watched the whole thing."  
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[\[Read More\]](#)

### Gratitude

What is happiness? First it is a choice. I spoke to a woman who was one of the happiest people I know and asked her what made her happy. She was an invalid amputee with a blind daughter. She reported that she had so much to be thankful for! Gratitude is one of the most powerful ways to happiness.

[\[Read More\]](#)

### Freedom from Negative Thoughts

In order to be happy, it is important to direct the mind away from negative thoughts without becoming angry at yourself for having them. They are not going away, so it is important to come to terms with them. During my training, my travels took me to many trainings and certifications regarding methods for releasing and changing thoughts. [\[Read More\]](#)

### Dr. Nancy's RxTV

Over 25 years ago, I started appearing in the media, on TV, radio and in print to share psychological and spiritual principles that would improve people's lives. During this time, my clinical research, study and practice led me to **produce a TELEVISION program** on the effectiveness of TV to teach positive health concepts and practices through a televised curriculum of stress management. [\[Read More\]](#)

### Clearing Blocks to Happiness

So what if you have been choosing positive thoughts and practicing letting go and are still very unhappy. There is an expression that positive thoughts are like clear water running into a bucket of dirty water; the more you flood the bucket, the more the clear water (positive thoughts) floods out the dirty water (negative thoughts). But what happens if there is a brick in the bucket?

[\[Read More\]](#)

### Accept Yourself Right Here and Now

Why should you feel happy all the time? You should not. When you feel genuinely sad or distressed by something in your life, such as an event or old pattern that causes you pain, you may want to stick with the feelings and feel them until you process it.

[\[Read More\]](#)

For more information on happiness and therapeutic techniques that can transform you:

[www.DrNancyOnline.com](http://www.DrNancyOnline.com)

[www.emdr.com](http://www.emdr.com)

[www.netmindbody.com](http://www.netmindbody.com)

[www.emofree.com](http://www.emofree.com)

[Women's History Month March 2010 Events](#)

[Authentic Happiness](#), Martin E.P. Seligman, Ph.D.

[Stumbling on Happiness](#), Daniel Gilbert

For Dr. Nancy's product information [click here](#).



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