

## e-Thoughts —

# “Just say yes. Just say no.”

October 2016 Newsletter



*Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.*

“Just say yes. Just say no” are two recommendations from the book, *The Happiness Project* by Gretchen Rubin. I can’t wait to read it. I learned about it when I was researching this month’s article on reflection. It sounds terrific.

The full title is actually: *The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun*. That title makes me smile and I haven’t even opened the book yet.

Getting back to “Just say yes. Just say no”: Those are two of Rubin’s suggestions for getting happier. Some of her others are “Let it go,” “Act the way you want to feel,” “Lighten up,” and “Make your bed.” I know I’m just skimming the surface here, but I can really identify with the author. Any one of those ideas would totally make me a happier person.

I think the point is that it doesn’t really take much. It’s about attitude. If you want to be happier, you can do it. It’s within your reach. Try reading Rubin’s book or another book on optimism or happiness. You may find suggestions that you find easy and impactful!