



WHAT THE SCIENTISTS SAY ...



It's not just philosophers who study happiness. Scientists have plenty to say on the topic. Here's their prescription for happiness.



**4' X 8' Green Chalk Board
 With Aluminum Frame**

only (1) available, first come first served!

Plastic Packing Bags

We receive them every day in our shipments
 If you need some for shipping let us know.

May, 2012 Bizarre and Unique Holidays

- Date Your Mate Month
- National Barbecue Month
- National Blood Pressure Month
- National Photograph Month
- National Salad Month
- Foster Care Month
- National Bike Month
- National Hamburger Month
- National Recommitment Month
- Older Americans Month

1. **Savor the little things.** Instead of rushing through the day, take time to really experience and enjoy it.
2. **Avoid comparisons.** Comparing yourself to others can hurt happiness and self-esteem.
3. **Have meaningful goals.** People who strive to fulfill meaningful goals are happier than those who don't.
4. **Take initiative at work.** Happiness at work is greater when we express creativity, suggest improvements, and help others.
5. **Foster close relationships.** People with deep friendships and supportive family ties are happier than their less social counterparts.
6. **Be grateful.** People who say thank you and mean it score higher on happiness and lower on depression.
7. **Exercise.** Exercise makes you feel great and boosts self-esteem.
8. **Give it away.** Whether you donate money, help a neighbor, volunteer, or listen to a friend in need, the effects of altruism on health and happiness are enormous.

brother Generic Cartridges

NEW



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If you want to Save money on a particular Cartridge we would be glad to see if its available!

DYMO® Generic Labels!

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SALE \$199.00

ONLY (1) AVAILABLE

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