

Christine-Anne Platel Newsletter - YOUR HAPPINESS ACCOUNT

November 2007 IN THIS ISSUE



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Your HAPPINESS Account - What's in your bank?

Some people believe that having a bigger house, or a better car, and buying the latest high tech toys ... will increase their happiness. "Keeping up with the Jones" has been replaced with striving to be better than them. But are we any happier for all that we have accumulated?

Experts say only 15% of our happiness comes from financial factors, and 90% comes from our attitude, creating balance in our lives, and from having healthy relationships. Once basic needs like food and shelter are met financial wealth does little to increase happiness.

But, can we learn to be happy? People in Sydney, Australia think so. They are paying \$140 an hour to learn how to feel good at the Happiness Institute there. Businesses are offering their staff half-day happiness workshops to improve job satisfaction, and hopefully increase performance. Founder, Timothy Sharp says: *"We take people from zero and try to put a positive (balance) in their happiness bank."*

What about sex? In a 2003 study, 1000 working women rated sex as producing the highest amount of happiness. Sharp says, *"People who have better quality relationships tend to be happier."* Economists David Blanchflower and Andrew Oswald, who studied 16,000 Americans, concluded that having sex weekly instead of monthly was equivalent to getting a \$50,000 raise!

How are you adding value to your happiness account?

Take a good look at all your material possessions and notice how they make you feel ... inside. Then notice what happens when you think about ... the important people in your life.

SPECIAL OFFER: Don't wait to get stressed out and deplete what's in your Happiness Account over the holidays. DO SOMETHING DIFFERENT! Book a [SAMPLE COACHING SESSION](#) with me and learn how to actually ENJOY the holidays. Then, if you to become a client of mine you may take 10% off your first paid service. Please book your Sample Session by 11.20.07.

Metabolic Morsels: Homeostatic Soil Organisms

Did you know that the daily use of probiotics helps maintain a healthy gut? Probiotics used to be a mysterious subject for many, but now food manufacturers are adding them to lots of foods as yet another marketing ploy. Seriously, if you want to add probiotics to your daily regimen, you don't need to spend a lot of money on pre-packaged foods. Just purchase a quality probiotic formula from your local health food store and take a capsule or two a day.

Most probiotics come from a dairy source, but did you know that they can also be found as Homeostatic Soil Organisms. I've been taking a combination formula called Primal Defense for several years, and I wouldn't go a day without it. Here's a product description from the manufacturer, Garden of Life:

Primal Defense™ is a natural blend of 12 species of Probiotics and Homeostatic™ Soil Organisms (HSOs), utilizing the Poten-Zyme™ process and delivered within a whole food matrix. The HSO™ probiotic blend in Primal Defense may help support normal gastrointestinal balance of good and potentially harmful bacteria to help maintain a balanced, healthy internal environment, and maximize the benefits of a healthy diet by supporting normal absorption and assimilation of nutrients in the gut.

Primal Defense® is created using the following probiotic species or their enzymes:

- *Lactobacillus acidophilus*
- *Lactobacillus rhamnosus*
- *Lactobacillus salivarius*
- *Lactobacillus plantarum*
- *Lactobacillus paracasei*
- *Lactobacillus casei*
- *Lactobacillus brevis*
- *Bifidobacterium breve*
- *Bifidobacterium lactis*
- *Bifidobacterium longum*
- *Bacillus subtilis*
- *Bacillus licheniformis*
- *Saccharomyces boulardii*

[Click on this link to purchase Primal Defense for 30% off the normal price](#)

Your gut will thank you :)

MY EVENTS

FREE COACHING GATHERING: Bring your friend and meet new ones.

Wednesday, November 8th, 7:00 PM - 8:30 PM (Every 2nd Wed. of Month)
Florida House in Conference Room, 31 South 4th Street, Fernandina Beach, FL 32034

We'll talk about TRUTH and INTEGRITY in our lives, on both a personal and a global level. I'll also do some On-the-Spot Coaching, if you have a dream, an unfulfilled goal, a problem, or something you'd like clarification on in your life.

Kindly [email](#) to let me know if your and your friends are planning on attending.

FRIENDS' CORNER

SONGWRITERS' GROUP: Every 2nd Tuesday of the Month, 7:00 PM - 10:00 PM

Florida House Inn Conference Room, 31 South 4th Street, Fernandina Beach, FL.

This is the NSAI (Nashville Songwriters' Association International) Regional Workshop for Jacksonville/Fernandina Beach and the surrounding area. Songwriters of ALL GENRES and levels of experience are welcome, from those who are just beginning, to pros, and the curious. We have a Lesson (formulated by a Professional Songwriter) plus Song Critiques and a chance to get to know other songwriters in the area. Contact Chris Plâtel (904) 491-8676 or nsaijaxfern@bellsouth.net for more info.

STEVE SESKIN is coming to Fernandina to do a weekend Songwriting Workshop at the end of April, 2008.

Steve has written seven number one songs, including Grammy-nominated "Grown Men Don't Cry," recorded by Tim McGraw, and "Don't Laugh at Me," winning NSAI Song of the Year, and Music Row Magazine Song of the Year in 1999 as recorded by Mark Wills. Steve enjoys teaching, and is an insightful, helpful and charismatic teacher. I know, because I took a class with him at NSAI's SongCamp in Nashville in September 2006. I can't wait for him to come here! More details to follow, but the class will be VERY affordable as a special favor from Steve. I hope you can join us.

COMMUNITY DRUM CIRCLE: Every 1st Saturday of Month, from 7PM - 10 PM

Main Beach Gazebo, Fernandina Beach, FL

Sandie Lythgoe leads this circle on the 1st Saturday of each month. You don't have to be a drummer to attend and have fun, and all ages are welcome. Please join in with your hand drums, rattles, shakers, soda pop cans filled with dry beans, or whatever percussion instruments you have. If you don't have any, Sandie and her Drummer Friends from Jacksonville usually bring extra drums to share.

LOCK AND KEY EVENTS - There's a Party somewhere in the USA every week! Lock and Key Events are the new, interactive and FUN way to network, meet your match, make new friends....or just to have a great time! USE CODE: CAP7 and you'll get \$5 OFF the registration fee. Reserve your space at their [site](#).

Wishing you Happiness and Peace Always

Chris :)

Christine-Anne Platel, Life Coach

PEOPLE DEVELOPMENT COACHING FOR THE 21st CENTURY!

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