

For Immediate Release

Dr. Barbara Becker Holstein quoted in Heart and Soul Magazine

"What is happy?" article in October/November 2007 issue

November 26, 2007 ~ Dr. Barbara Becker Holstein, a nationally known positive psychologist, is quoted in the October/November 2007 issue of Heart and Soul magazine. The article, titled "What is Happy?", discusses seven ways to happiness, with quotes by Dr. Holstein throughout. A few of the quotes:



THE CULTURE CRISIS

...The answer (to the pursuit of happiness for black women), says positive psychology expert Barbara Becker Holstein*, is to discover and love your authentic self-a skill many black women may already possess.

FINDING OUR JOY

"All women need genuine connections to themselves," says Becker-Holstein, who has dedicated her career to creating a positive psychology for women. "But society tries to break that connection early in life. In America, by age 13, girls are already getting external messages to copy celebrities and give up their little girl treasures. We've been defined as a second-class culture and had our self-esteem suppressed with messages about marrying men with money and valuing ourselves through our looks. To be truly happy, every woman needs a life that supports the inner voice that sustains her hopes and dreams."

HERE'S HOW

LAY YOUR FOUNDATION

.... (Mattie Miller)I learned to project happiness, and sometimes I think that helped me get it in return. I made a conscious decision to have a good life."

That determination, says Becker-Holstein, author of *The Enchanted Self: A Positive Therapy*, is an important part of building a happy life. "Be assertive, get an education, decide on a profession, protect yourself economically. Take responsibility for establishing the life you want."

GIVE OF YOURSELF

"Positive action and good deeds matter," Becker-Holstein says, "Forgive, be helpful, smile at people-it's all the more likely", as Miller learned, "that your happiness will be returned."

No matter where you are in life, "almost all of us are capable of being happy," Becker-Holstein continues, "if we can learn to truly bring pleasure, replenishment and self-care into our lives."

The full article can be found in the Heart and Soul Magazine October/November 2007 issue and is available via their website or on newsstands now. More quotes from Dr. Holstein can be found on her website at www.enchantedself.com.



Dr. Barbara Becker Holstein is a leading positive psychologist and author of *The Enchanted self – A Positive Therapy*, *Recipes for Enchantment – The Secret Ingredient is YOU!* and *THE TRUTH: I'm Ten, I'm Smart and I Know Everything!* More information about Dr. Holstein, positive psychology and her books can be found on her website www.enchantedself.com.