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Happiness Research

Welcome to the Health Freedom Minute. This is Twila Brase, president of Citizens’ Council for Health Freedom.

Studies show that giving thanks is good for your health. According to an article in The Wall Street Journal, “a growing body of research suggests that maintaining an attitude of gratitude can improve psychological, emotional and physical well-being.”

Jeff Froh, a professor of psychology, says, “A lot of these findings are things we learned in kindergarten or our grandmothers told us, but we now have scientific evidence to prove them.”

Why do we need science to prove common sense? The National Institute of Mental Health gives grants for happiness research. In 2003, it gave more than $214,000 for its 10th year of funding just one happiness study. There’s even a Journal of Happiness Studies. With many years of such grants, happiness researchers, not taxpayers, are the happiest of all.

Listen again at healthfreedomminute.net.


The Health Freedom Minute is heard weekdays in Minnesota at 7:03 a.m., 11:03 a.m., 2:03 p.m. and 5:03 p.m. on WWTC AM1280 The Patriot.