

MY HEROES

are and were

MY PARENTS.

I can't see

having anyone

else as

MY HEROES.

- Michael Jordan



BREAKING BREAD

Rev Run wants to bring families back to the dinner table.

by Chris Libby

Countless studies show that sitting down with your family for a meal is good for your well-being. It's good for your brain, it's good for your health and it's good for your soul. If science doesn't convince you to make the time to break bread with the ones you love, then maybe listen to a man of the cloth. Reverend Run, known to many as frontman of the legendary hip-hop

group Run DMC, is showing the rest of the world how to get families back to the dinner table with his Cooking Channel show, *Rev Run's Sunday Suppers*.

"I was just trying to put something together where we can have a good time together and keep the tradition alive with sitting down with family and eating," Rev Run says. "That's the point of *Sunday Suppers*. For me, it's to

find that one day, on a Sunday, that we can enjoy each other, and I don't have to feel like my whole week is just an empty house."

When the Cooking Channel approached him about doing a cooking show, Rev told them he wanted to do something different. With his six kids getting older and starting to live their lives outside of the house, Rev and his

PHOTOGRAPHS: ©COURTESY OF THE COOKING CHANNEL;
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wife, Justine, wanted to give them a reason to come back to the nest, even if it was for only one day a week. From there *Sunday Suppers* was born. The second season is underway.

Now in its second season, each episode of the show features recipes designed with purpose, mixing new twists on passed-down family favorites, such as Aunt Chelle's Three Cheese Macaroni and Cheese and

"The key to a happy family is being together," Rev says.

Grandma Simmons' Savory Shrimp and Rice. The show also allows Rev to do something nice for the people close to him, like creating a special gumbo dish for his older brother, Danny. "So I had to get myself a beautiful recipe and put in my special ingredients," Rev says. "He loved it. So those are some of the highlights for me."

As he juggles multiple TV shows, DJ gigs and preaching the good word, Rev Run knows that lives can get busy and hectic. If you can do anything to bring your loved ones closer together, that can only strengthen the health of the family, he says.

"The key to a happy family is being together," Rev says. "At the end of the day, it's not the food that makes it fun. It's good to have food, but there's something about getting together. There's something about knowing that everyone is coming over, the hours leading up to and after: football games, the music, people ringing the bell, smelling the food. It's all about the togetherness."

*Positive Points

What Makes a Hero?

A recent Harris Index poll asked Americans what qualities make someone a hero.



More than 75% of those polled said "Doing what's right regardless of the personal consequences."

Source: Many Americans Find Their Heroes in Family Members: Harris Polls

"Courage is fear holding on a minute longer."

—Gen. George S. Patton

For the Love of Pizza

by Emily Wise Miller

it couldn't be more basic: simple yeast dough covered with tomato sauce (usually), fresh mozzarella and everything from pepperoni to Thai chicken.

Whether we eat pizza made by a certified pizzaiolo in a wood-fired oven or topped with five kinds of meat, Americans have adopted this peasant food from southern Italy with a near-fanatical fervor. Each year we gobble up 3 billion pies and countless slices to the tune of around \$32 billion annually.

Pizza has become America's favorite food because it is inexpensive, delicious

and democratic. Or as Jay Jerrier, Naples-trained owner of Dallas pizzeria Il Cane Rosso, emphatically puts it, "There is never anything bad about hot bread with tomato sauce and melted cheese."

Back in the pizza motherland, there are formal, white-tablecloth restaurants, and there are pizzerias. Pizzerias are the places you go after the game/before the movie/anytime with a gaggle of friends. You make noise, drink soda or beer and don't spend too much cash in the process. No wonder we've made the food and its tradition of camaraderie our own.

What's not to love? 

“When the moon hits your eye, like a big pizza pie, that's amore.”

—Dean Martin

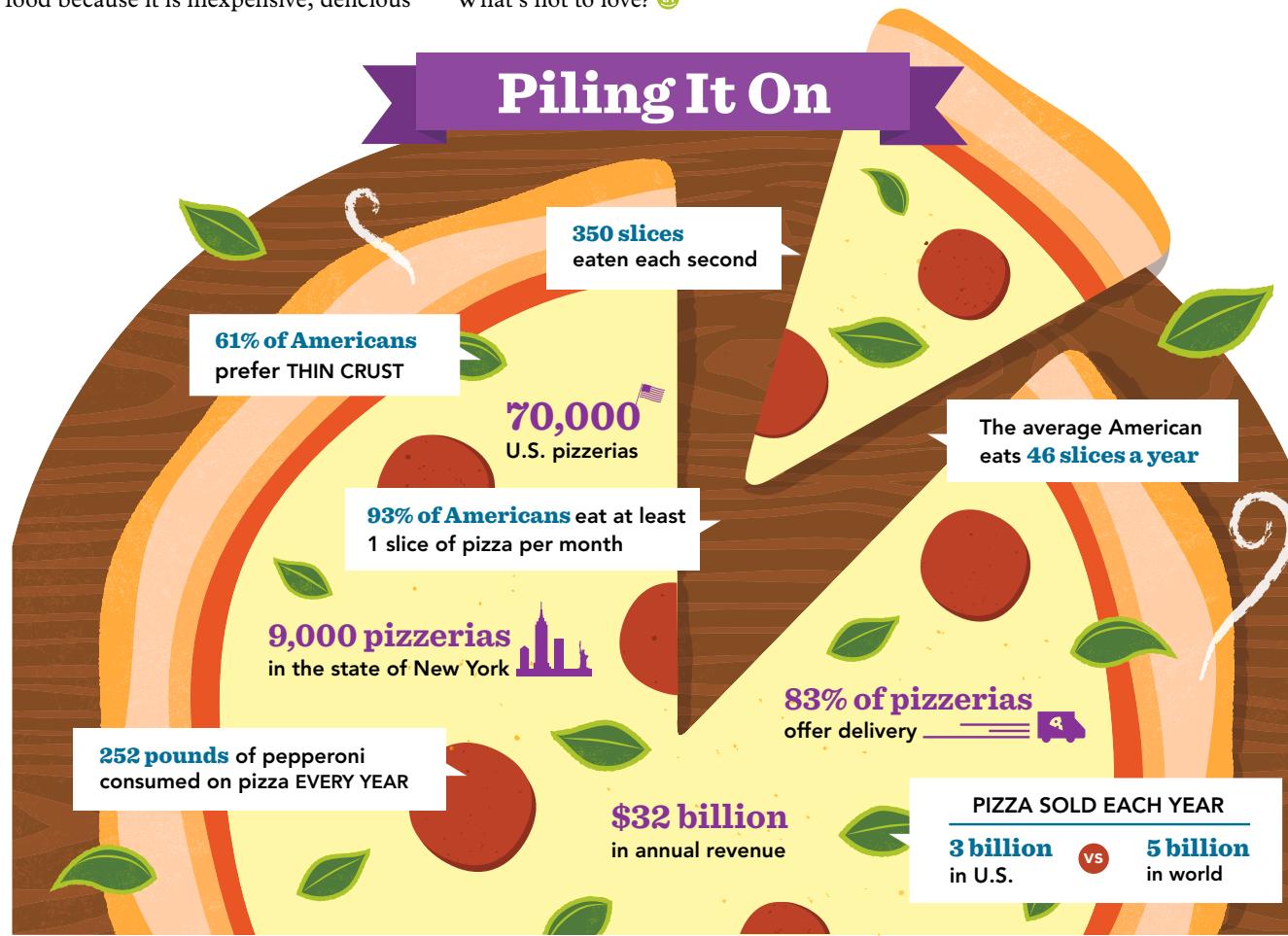


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EVERYDAY EXCELLENCE

Hard work pays off, Olympic coach Bob Bowman says.

by Aimee Berg

the most decorated Olympian of all time didn't win 22 medals (including 18 gold) alone.

Instead, swimmer Michael Phelps relied on his coach, Bob Bowman, to design the workload to help him make history.

Michael is naturally gifted, sure, but "what made Michael great," Bob says, "is not his wingspan, his foot size, or anything else."

It was work. Consistent, hard work.

Michael didn't miss a day of training from the age of 12 to 18. "Were there days he wanted to? Yeah," Bob says. "He just kept coming. And he kept getting better." In fact, Bob says, the gains Michael made from training more than

2,100 days in a row "he's basically used for the last 12 years."

According to Bob, developing that base and having the courage to face your insecurities and doubts are key to long-term success.

"In a very short time, I can rush someone through to some [level of] performance," he says. "If they don't have the foundation behind it, it just goes away really quickly." That personal best might be inspiring, but, Bob says, "perspiration comes before inspiration.

If you do something long enough, before long, you'll do something good."

Then, once that foundation is established and you can't do more work, you can do better work. Bob calls it "everyday excellence."

"It's not about excellence every four years. It's about how excellent are you right now, on a Friday afternoon. When I go to that practice at 5, how excellent are you going to be? Are you going to go through the motions? Or use this as a step toward your goals? That's how it works."

Bob says it's the same for playing the piano, tilling your garden or losing weight.

"Say you have a goal out there," he says. "It means you're going to change. You have to decide how important it is." Then you have to start seeing yourself as someone who's attained that goal, he adds. And commit to that vision every time you make a decision.

Double Happiness

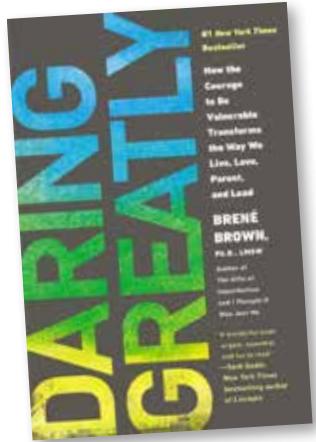
According to legend, during the Tang dynasty in China, a young boy fell ill passing through a small town while on his way to an important examination. A local doctor and his caring daughter nursed him back to health. Soon the boy and girl fell in love, and as the boy prepared to leave, the girl wrote one-half of a couplet for the boy to match one day. He vowed to match the couplet and return to marry the girl. Finishing at the top of his class, the boy was asked by the emperor to finish a couplet. He realized the girl's half of the couplet was the perfect match. The emperor was pleased, and the serendipitous moment led the boy to keep his vow. The boy and the girl were married, and at the wedding they doubled the character for "happy" and placed it on a wall for all to see. This popular Chinese character can often be seen at weddings in the form of red paper cuts or calligraphy on walls and doors. In China, the symbol represents love, luck and the happiness of the couple as their families become one.



YOUR HAPPINESS LIBRARY

Improve life through ritual, compassion and mastery.

by Sandra Bienkowski



DARING GREATLY

How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent and Lead

by Brené Brown, Ph.D., LMSW

Vulnerability is our most accurate measure of courage, writes author Brené Brown. When we try to prevent ourselves from feeling vulnerable, we also are shutting out experiences that can bring purpose and meaning to our lives.

Let go of perfectionism.

Perfectionism is the belief that if we do things perfectly we can avoid the pain of blame, judgment and shame. Perfectionism is other-focused: What will they think? Instead, she advises to move toward healthy striving, which is self-focused: How can I improve?

Practice being seen. Share a product, article or piece of art you have created. To become more courageous, we have to risk being vulnerable. You can want people to like what you share without attaching your self-worth to how it is received. Without your

self-worth on the line, you are more likely to risk sharing your raw talent and gifts.

Connect. True belonging can only happen when we are self-accepting and present our authentic, imperfect selves to the world. Want to live a connected life? Spend less time and energy winning over people who don't matter, and see the value of cultivating your true relationships.

With vulnerability you can welcome more love, belonging, joy, empathy, innovation and creativity into your life.

*Gotham Books, Penguin Group, 291 pages
© 2012 by Brené Brown*

Brené Brown, Ph.D., LMSW, is a research professor at the University of Houston Graduate College of Social Work, and New York Times best-selling author of The Gifts of Imperfection and I Thought It Was Just Me.

REAL HAPPINESS AT WORK

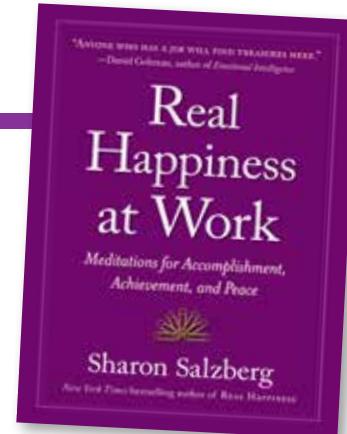
Meditations for Accomplishment, Achievement, and Peace

by Sharon Salzberg

No job is stress free. Happiness at work depends on our abilities to cope with obstacles, bounce back, learn from mistakes, and most important of all—begin again without rumination or regret, Sharon Salzberg writes in *Real Happiness at Work*. Using meditation techniques can enhance your joy and mitigate your stress at work.

Take a breath. Slow your breathing to four to six breaths per minute to calm the mind and body before a work meeting or a difficult email. Experience greater mental clarity and focus from the power of your breath.

Train your attention. If just stepping into your workplace makes you feel anxious, practice mindfulness with a stealth meditation. Before beginning



a new project, meeting or conversation, ask yourself: What do I most want to see happen from this?

Concentrate. Concentration bolsters mindfulness. Pay attention to what is happening in the moment. The next time you are on a conference call, refrain from checking your email or doing another task at the same time.

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© 2014 by Sharon Salzberg
Sharon Salzberg is the author of New York Times best-seller, Real Happiness. She is the co-founder of the Insight Meditation Society.*

Common Cents

Turn your money into memories.

by Eliana Osborn

Money doesn't buy happiness. But what you do with your money can make you happier. Researchers have long been aware of the different levels of happiness brought on by spending money on experiences versus material objects. In a 2010 Cornell study, people who spent money on experiences were more pleased initially and became even happier over time. In contrast, those who spent money on "stuff," or material goods, often had more negative feelings toward their purchase—they worried they hadn't gotten a good deal, were unsure if they'd gotten the right item and fell into the trap of comparing what they'd bought to the Joneses.

According to Thomas Gilovich, Ph.D., a Cornell professor of psychology, experiences "tend to be experienced, remembered and evaluated more on their own terms, and less in terms of how they compare to alternative experiences." They become a piece of us, something entirely personal, unlike the objects surrounding us. Going to a baseball game is better for happiness than even getting a signed ball. An event

doesn't decrease in value over time or wear out. Instead, the happiness we get from it grows in our memory.

Happiness That Lasts

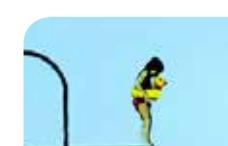
In their September 2014 study, "Waiting for Merlot," published in *Psychological Science*, Thomas and Amit Kumar, a Ph.D. candidate at the university, went a step further. They wanted to see how we can derive even more happiness from our experiences. What they found was that "experiences are kind of rewarding in anticipation as well," even when you are standing in line. For example, if you're waiting for symphony tickets, you and the others in line are in a fairly positive state of mind. On the other hand, waiting to buy tangible goods has a whole different vibe—think crowds on Black Friday, full of competition rather than camaraderie.

The period of anticipation is exciting when you are involved with buying an experience, no matter if the purchase is big or

small. We actually want to delay consumption of experiential purchases. "Waiting is part of the fun for experiences," Amit says. Even making dinner reservations can help you anticipate the meal to come, stretching out the exhilaration of the experience. Sharing the trip or dinner with a loved one gives you opportunities to talk about it in the future, strengthening your bond.

Choosing Wisely

Of course, we can't spend all of our money doing things; we still have to buy groceries. But, what we can do is "tilt spending a bit more in the direction of experiences," Amit says. When that tax refund check comes, instead of heading to the mall, consider planning a trip. Because even once your cash is gone, every time you talk about your trip, you'll get another jolt of happiness. Talk about money well spent!



"To uncover your true potential, you must first find your own limits and then you have to have the courage to blow past them."

—Picabo Street



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MOMENTUM

Up, Up and Away!

The world you see is the world you get, so why not make it a great one? If you need help clearing gray skies, the app developers at Mindbloom aim to make your days brighter. Momentum, their latest concept, helps you capture the positive moments throughout your day in a fun and uplifting way. Each posting of your own photos and positive messages keeps your virtual hot-air balloon afloat, propelling you into happiness. Available through the App Store, the Windows Store and Google Play, Momentum has an easy-to-use interface and fun, steampunk-style graphics that will help you stay the course on your journey to well-being.

› Visit mindbloom.com.



IF

by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

**“Never let the fear of striking out
get in your way.” —Babe Ruth**