The Habits of Happy People
A 6-Hour Home Study Program for Health Professionals

Understanding Happiness
“Happiness depends less on what happens to us and more on how we view the past, enjoy the moment and create the future.”
• The New Science of Happiness
• Sources of Happiness
• Unsustainable Sources of Happiness
• Habits of Happy People

Happiness and Health
“Be happy for this moment. This moment is your life.”
• The Stress-Resistant Mindset
• Developing Stress Resilience
• Enhancing Physical Resilience

Positive Moods and Thoughts
“The purpose of our lives is to be happy.”
• Depression-Resistant Mindset
• Anxiety-Resistant Mindset
• Adaptive Coping
• Acquired Optimism

Interpersonal Awareness
“Happiness is when what you think, what you say, and what you do are in harmony.”
• Expressing Needs
• The Habits of Happy Couples
• Self-Compassion and Renewal
• Acceptance of Others
• Self-Acceptance and the Gifts of Imperfection
• Purpose
• Finding Humor in Everyday Life

Calming the Overactive Brain
“In the journey of life, take time to smell the roses and watch the sunset.”
• Healing Self and Others
• Self-Calming
• Mindfulness

Attaining Happiness-Related Habits: Five Brain Challenges
“The best kind of happiness is a behavior that becomes a habit.”
• Changing Reward-Based Habits
• Healthy Activities
• Enhancing Resilience to Stress
• Fulfillment
• Applying Positive Psychology

ABOUT THE INSTRUCTOR
Jaime Kurtz, Ph.D., is Associate Professor of Psychology at James Madison University. Dr. Kurtz is an expert in the study of happiness and applying positive psychology. Her research on the psychology of happiness has been funded by the National Institutes of Mental Health. Dr. Kurtz is the coauthor of Positively Happy: Routes to Sustainable Happiness, a workbook describing the best-researched methods for creating a happier life and how to implement them.

Dr. Kurtz has received multiple awards for excellence in teaching at the University of Virginia. She has presented acclaimed programs for IBP for over five years including Overcoming Disabling Thoughts and The Habits of Happy People. Students and health professionals commend her engaging teaching style and her ability to present practical information with clarity and warmth. Health professionals commend her innovative teaching style and ability to impart practical information with insight and wisdom.

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