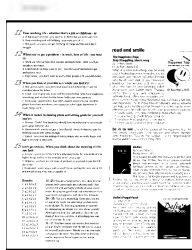


how happy are you?

- 1 **What song best suits your mood right now:**
 - a. *What A Feeling* (Flashdance) - Irene Cara
 - b. *That's the Way I've Always Heard It Should Be* - Carly Simon
 - c. *I'm a Bitch* - Meredith Brooks
- 2 **What is the main colour of your outfit today:**
 - a. Black.
 - b. Something light and soothing.
 - c. A bright, bold colour that screams attention
- 3 **It's the end of a long hard day and you have nothing planned for the evening. Do you:**
 - a. Go home and run a bath, then curl up with your favourite book or ring a friend for a good chat - you deserve a break!
 - b. Rush home to do the household chores - however your day has been you have to keep on top of things!
 - c. End up on the sofa all evening, so exhausted that you do nothing then find it difficult to sleep and you feel worse in the morning.
- 4 **Your health regime is best described as:**
 - a. Erratic - the best things in life are a great bottle of bubbles, a carton of Benson and Hedges, chocolate and the remote control.
 - b. Varied - you let your tastes be your guide. As for exercise, you do what makes you feel good.
 - c. Controlled - you're usually on a 'strictish' diet, never touch alcohol, and work out hard.
- 5 **Your personal space is:**
 - a. Non-existent - you try to carve out time, but the phone never stops ringing or people interrupt.
 - b. Low on your list of priorities - you're so busy that you don't have time for yourself!
 - c. Very important - you have somewhere comfortable to retreat to alone and you take regular time out for yourself.
- 6 **How do you feel about yourself:**
 - a. You're OK - it's just other people don't realise what you're worth.
 - b. Great! You're feeling better and better about yourself as the years pass.
 - c. You rarely feel good about yourself - you always know you can do better.
- 7 **The last time you cried was when you:**
 - a. Watched a sad, soppy movie.
 - b. Got up for work this morning.
 - c. Laughed too hard at an email from a girlfriend.
- 8 **When you feel bad, what's your emotional style?**
 - a. Flexible friend - you do sometimes feel bad, but you're at ease with your feelings. You get back on top eventually.
 - b. Control freak - you feel uncomfortable with bad feelings and put them to the back of your mind as soon as possible.
 - c. Drama queen - you love the buzz that comes from really letting off steam, even if it does cause trouble.
- 9 **If you're faced with a problem in life you typically:**
 - a. Feel panicked because you don't know how to handle it - you feel unmotivated and do nothing.
 - b. Move into top gear to get it sorted - you feel guilty if you have any problem, no matter how small.
 - c. Ride it out, everyone has problems - it's the getting them sorted that matters.
- 10 **As far as your family, friends and love relationships go you have:**
 - a. Been happy overall - your relationships tend to last, and when they do fade, there's rarely any bad feeling.
 - b. Had bad luck - your relationships are stormy and end in tears.
 - c. You've always tried hard to make things work but you've never felt you've got it right.



11 Your working life - whether that's a job or childcare - is:

- a. A big source of stress - you strive to do better but are never sure how.
- b. Very rewarding and self-fulfilling - you make sure of it.
- c. Not good - you just can't get the hang of things and find each day a struggle.

12 When you've got a problem - in work, love or life - you tend to:

- a. Work out who can best help you and approach them - often you'll go straight to an expert.
- b. Lean heavily on those close to you - you'd be too embarrassed to get professional help.
- c. Cope alone - you don't want to worry other people with your difficulties.

13 When you look at your life as a whole you feel it's:

- a. Not up to scratch - you often wish you'd acted differently, or are not confident about the future.
- b. Good - you've generally done well but even the bad times have taught you something, and you feel that the future holds even more promise.
- c. Confusing - opportunities have often slipped away from you, or other people have done you down; you suspect you don't quite know how to make things work.

14 When it comes to making plans and setting goals for yourself you're:

- a. Unsure - Goals? You know you should have them but you've never really got to grips with the idea.
- b. Unmotivated - you do set goals, but often fall short of what you aim for. Nothing you do ever seems enough.
- c. Sorted - you enjoy the feeling of setting targets and are really happy and high when you've met them.

15 Let's get serious. When you think about the meaning of life you feel:

- a. At ease - you may or may not be a religious person, but you do believe in higher things and try to live your life as well as you can.
- b. Helpless - you have no real sense of purpose, so you tend to just live life day-to-day.
- c. Frustrated - you're angry with yourself for not getting the most out of life and not achieving what you're capable of.

Results:

- 1. a.1 b.3 c.2
- 2. a.3 b.1 c.2
- 3. a.1 b.2 c.3
- 4. a.2 b.1 c.3
- 5. a.3 b.2 c.1
- 6. a.2 b.1 c.3
- 7. a.2 b.3 c.1
- 8. a.2 b.3 c.1
- 9. a.3 b.2 c.1
- 10. a.1 b.3 c.2
- 11. a.2 b.1 c.3
- 12. a.1 b.2 c.3
- 13. a.2 b.1 c.3
- 14. a.3 b.2 c.1
- 15. a.1 b.2 c.3

15 -25: You are a happy person. You show by your actions, both consciously and subconsciously, that you love life and are happy with the choices you've made. Keep up the good work and remember to share your secrets to happiness with those less fortunate.

26 - 35: You are a mixed bag. Some days you feel on top of the world but other days you feel down in the dumps. Try boosting happiness in your life by eliminating any doubts you have about yourself. Although you don't feel unhappy all the time, just think of how you could feel if all unhappiness was out of your life, fullstop!

36 - 45: You have issues that need to be sorted out a.s.a.p! You're not happy with the life you've chosen for yourself and it shows. Maybe it's time you make a change for the better. You'll be better in the long run by improving the unhappiness you may be experiencing.

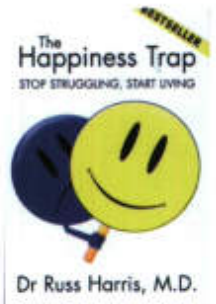
read and smile

**The Happiness Trap:
Stop Struggling, Start Living**

By Dr Russ Harris
Exisle Publishing, \$35

What if almost everything you believed about finding happiness turned out to be inaccurate and misleading? What if those very beliefs were making you miserable? Based on the insights and techniques of a new form of psychotherapy called Acceptance and Commitment Therapy (ACT), this unique and empowering self-help book offers key principles and techniques for escaping the "happiness trap" to create a full, rich, and meaningful life. It shows how mindfulness and acceptance can help us to handle painful thoughts and feelings far more effectively, and find fulfillment in life. Learn proven techniques to:

- * handle painful thoughts and feelings more effectively
- * escape the grip of self-defeating habits
- * rise above fears, doubts, and insecurities
- * create a richer and more meaningful life



Be in to win one of five copies of *The Happiness Trap*. To win, simply email your name, address and phone number with 'Happiness Trap' in the subject line to hbgiveaways@strettonpublishing.co.nz by 30 May 2009.



Bodies

By Susie Orbach
Profile Books, \$35

Over recent decades the pressure to perfect and design our bodies has been unprecedented. Breast enhancement is a sweet sixteenth birthday present in the suburbs of America, while eating problems from bulimia to obesity are growing daily, affecting girls as young as six. The body is no longer a given and to possess a flawless one has become the ambition of millions. In her years of practice as a psychoanalyst, Susie Orbach has come to realise that the way we view our bodies is the mirror of how we view ourselves: our body becomes the measure of our worth.

Delia's Frugal Food

By Delia Smith
Hodder & Stoughton, \$39.99

At a time when money worries are front page news, Britain's most trusted cook, Delia Smith, is once again on hand with a wide range of tasty recipes that are cheap and easy to prepare. With 170 recipes, from luxury soups to paupers' puddings, this new illustrated edition shows you how to eat well without having to spend a fortune.

