

Betty Lee 'Certified Happiness Trainer' by Marci Shimoff

For Immediate Release:

Contact: Betty Lee (415)595-1372

Would you like to feel Happier?

Betty@BettyLeeHappiness.com

Here's some Tips how

www.BettyLeeHappiness.com

Why are some people Happier, no matter what happens? You can be too!

Reno, Nevada – According to the National Council on Aging, a problem today is about 6 million Americans age 65 and older suffer from depression. Here are 3 simple tips:

- 1) Smiling instantly lifts your mood and others.
- 2) Think of 1 thing you are grateful for and share your Win with others.
- 3) Write down 5 things you do that bring joy to you and/or others.

Betty is 1 in 100 'Certified Happiness Trainers' in 2025 by Marci Shimoff, author of **International Bestseller "Happy for No Reason"**. Her goal is to teach concepts and practices to groups Live or via zoom, especially to help seniors feel happier and more empowered! This material is also beneficial for adults, and harmony in the workplace.

Why is it important for you to be happy? Happier people have better immune systems. When you're happier, your family and friends can be too. You can contribute more to your Community. It's a ripple effect! What would a world of many people look like? What could we achieve? Happiness is a common wish of mankind. How can I help you achieve this?

Betty: "I was an Award-winning Real Estate Broker in San Francisco for 20 years. My late husband had cancer 4 times and didn't work for 20 years! I was fortunately able to support us and successfully remodeled 5 homes. I'm also a breast cancer survivor, but throughout it all-- somehow I stayed positive. Retired to Reno. My Life purpose now is to help others."

Teach 4 foundational concepts and simple practices from "**Happy for No Reason**". This is an inner state of peace and well-being-- Not dependent on your circumstances! There is a 'Happiness set-point' like a thermostat one can raise at will, by changing some of your habits. From Marci Shimoff's 'Inner Home of Happiness' which has 7 parts. There are 2 energies – expanding and contracting. Is what you're doing feel expansive or contracting?

You can get some **Free tips** from page 3 of 3 on www.BettyLeeHappiness.com. Also schedule a presentation for your group for 30-60 minutes. These start with jokes and end with the "Happiness" song to leave everyone smiling. We will have some fun and you will learn some useful information for yourself and to share with family and friends. ###
