The Unifying Theory of Mindfulness, Happiness, and LOVE

Mindfulness
- On purpose
- In the Present
- Without Judgement

Happiness
- Compassion
- Empathy
- Gratitude
- Kindness
- Forgiveness
- Being Mindful
- Joy & Laughter

Love
- To Care
- To Share
- To Be Responsible

Jon Kabat-Zinn PhD

GJ Koun EMI

Science of Happiness

Rx for Happiness
- Ask for what you want, but don’t demand it.
- Accept whatever happens, for now.
- Turn up your love, even though you don’t get what you want.

Ken Keyes