

*The Unifying Theory of  
Mindfulness, Happiness, and  
LOVE*

Mindfulness

- On purpose
- In the Present
- Without Judgement

*Jon Kabat-Zinn Ph.D.*

Happiness

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

*'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 Hayes*

Love

- To Care
- To Share
- To Be Responsible

*G.J. Krug C.M.I.*