

News Story 4: Reed, Henry. "Happy people can actually live longer." *Venture Inward Magazine* October/November 2003, p. 9.

Happy people can actually live longer

By Henry Reed

Heart patients who are happy are much more likely to be alive 10 years down the road than unhappy heart patients, according to a study conducted at the Duke University Medical Center. According to the lead investigator, Beverly Brummett, the experience of joy seems a key factor. It has physical consequences and also attracts other people, making it easier for the patient to receive emotional support. Unhappy people, besides suffering from the biochemical effects of their sour moods, also are less likely to take their medicines, eat healthy, or to exercise. The depression has worse consequences than the heart disease itself.