



AN EXCERPT FROM

HAPPINESS IN

*steps*

David Lindemann, *Eastern Michigan '61*



Author, speaker, consultant and coach David Lindemann, Eastern Michigan '61, published a book called *Happiness in 8 Steps* (read more about it in the *Books by Brothers* section on page 50), in which he provides his eight steps to happiness. It's a quick and interesting read, and since happiness is really an important part of one's overall health, we thought that reprinting one of the sections called "thank you" made sense here in the Health & Fitness section of the magazine.

See below for Chapter 2 from Lindemann's book, which gives a story as an example of the importance of saying thank you to make you and others happy. The other chapters of his book focus on such things as giving, eating healthy, keeping your body in shape, being around people you love, making people happy, and the importance of laughter.

## Chapter 2 – Thank You

When you enter a store and you hold the door open for someone else and they say "thank you", doesn't that make you feel good? Well, it does for me too. "Thank you", just two little words, but what a world of positive impact!

In reality, you can't say "thank you" enough. Every time you say "thank you", you are making someone feel good. Every time you say "thank you", you are acknowledging the other person, giving them respect, and reaching out to make a human connection.

If you want to enjoy life more, say "thank you" more often. It is really that easy! That reminds me of a story.

Eric was a very nice little boy. Even at that age, you could see he was something special. He liked people, and people liked him. As Eric grew up, he became an excellent athlete, playing sports in high school and later in college. He also was a good student. People wanted to be around Eric. However, they thought there was something a bit strange about Eric. He was nice as he could be, handsome and strong, and was a good friend to many. Still, he seemed to be missing something, which no one could put their finger on.

What was that something? Well, when Eric was well into college, he ran into Ellen. They seemed to have a great fascination for one another, and they seemed to have the same interests. They were both athletic, they were both good students, and they liked to experiment. They liked to see new things. They loved the same music. They seemed to be a great match.

Then one day Ellen said, "Eric, I know what's wrong."

"What do you mean 'what's wrong'?" Eric questioned Ellen.

"It's not that you're not a great guy. I care about you, and I really care more about you every day. But there's something missing. I think you might know, as pleasant and nice as you are. I've never heard you say 'thank you'. Maybe you should try saying 'thank you' for the rest of the day when something nice is done for you. Say 'thank you' and observe what happens," Ellen recommended.

Eric, being a bright guy, told Ellen he would give it a try.

For the rest of the day, Eric went around saying "thank you" when it was appropriate, and he started noticing that people would smile. Eric noticed that by saying just these two words, he was making others feel good, and then Eric started to realize it made him feel good, too. So he decided to put those two words permanently into his vocabulary: "thank you".

One evening, after they both had graduated from college, Eric and Ellen had a very quiet dinner. At that point, both of them had landed good jobs and were ready to move on with life.

Out of the blue, Eric asked, "Will you marry me?"

Ellen looked at him, and said, "Of course, Eric."

Eric said, "Thank you."

Just think of these two words, "thank you", and the impact they can have on others, as well as yourself. The impact was tremendous for Eric and Ellen.

*David Lindemann has had a long career in business, ending up as the Chairman and CEO of Huron Machine Products Inc. before turning over the reins over to his son. Presently David is president of A Child Is Missing, a national organization that supports law enforcement in locating missing people. David is an active member of Broward College Foundation, and has a passion for helping people understand themselves and others. He has spoken on this topic throughout the United States.*

