

NOT FOR SALE

DAVID BATSTONE
A MAN WITH A CAUSE



ZARIA FORMAN
DOCUMENTING CLIMATE CHANGE
THROUGH ART

FIBROMYALGIA
HOMEOPATHIC TREATMENT

LYME DISEASE
WHAT YOU NEED TO KNOW

OVERCOMING ADVERSITY

EPIGENETICS
CAN OUR FIVE SENSES
BE TRUSTED?

SISTER ROSEMARY
SEWING HOPE

NEUROSCIENCE
OF FOOD

HELP SUPPORT A CAUSE

THE HAPPINESS CHOICE

by Svetlana Kim



Marilyn Tam



Marilyn Tam, Ph.D. is a Speaker, Author, Consultant, Board Certified Executive/Corporate Coach, CEO of Marilyn Tam & Co. and Founder and Executive Director of Us Foundation. She was formerly the CEO of Aveda Corp., President of Reebok Apparel and Retail Group; Vice President of Nike Inc. and also a successful entrepreneur who has built four companies.

Marilyn is a contributing writer to Huffington Post, and she has a weekly radio show, The Happiness Choice on FMG network, featuring experts in how to live a happy, healthy, successful, and dynamically balanced life.

Her life is an inspiring example of what can be achieved if one followed their dreams. She grew up as an abused and neglected child in Hong Kong. She left home as a teen to come to America alone. Following her life mission, she achieved international business and humanitarian success.

SK: You were born in Hong Kong to parents that needed be reminded to pick you up from the hospital when you were born. Were you ever angry at your parents for the lack of love they gave you?

MT: When I was young I was too scared and desperate to be angry. When I grew up and matured, I realized that their behavior said much more about their own conditioning than it was specifically about hurting me. I went from yearning for their love and approval to being grateful for their training of me to be caring and considerate of others because I know how it felt to be treated as if I didn't matter. We have the choice to look at each situation and to use each experience as a lesson and a boost to something better or to get angry and bitter.

SK: You said in your book, "The Happiness Choice", "Anyone can live the life they've dreamed of living- a happy, healthy, and dynamically balanced life." Please give us a practical advice.

MT: I came to America as teen alone with my two suitcases, teddy bear, and most of all, a burning wish to make a positive difference in the world. Working as a fry cook in a fast food restaurant to help pay for school, and riding my bike in the cold Oregon rain to get around, I kept my mind on my life mission. Having a reason for going through the tough times makes it easier. I found inner peace in the process because I had a purpose. I had clarity of direction so the outside media noise and others' judgment didn't bother me so much.

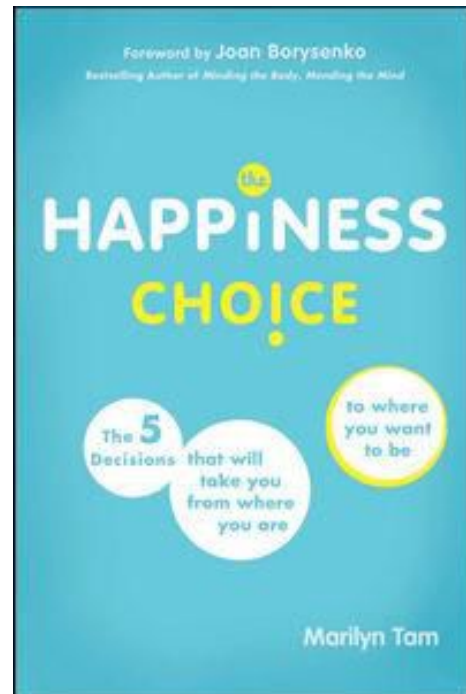
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My life mission gave me focus and I learned how to let go of the rest. I was defined by my own values and therefore was content and not jealous or wanting what others may regard as "the life". I followed my own path, making the choices that lead me to my own definition of happiness.

The one piece of practical advice I would say is to follow your own path. You are here on earth for special reason, only you can do what you are uniquely born to be and do. Start from where you are now, one step at a time you can move closer to what calls to you from your inner being. Find what in your life gives you a deep sense of peace, what makes you feel content. Follow that. Live your life from that perspective and I promise you that you will be happier, healthier and more successful. Make a tiny step, and then another, soon you will be well on your way to achieving your dreams! And yes, pause regularly to give thanks for what you have; gratitude makes you happier because you are focusing on the good in your life.

SK: You've been the CEO of Aveda Corp, president of Reebok Apparel and Retail group, and vice president of Nike, Inc. What are some traits that make you successful?

MT: The opportunity and challenge with leadership is that you have to make decisions that have large ramifications. I've learned a process over time that has helped me know how to proceed when I am faced with management issues that have less than clear direction, which are most of them! I call this process PAGDE - Pause. Assess. Gather. Decide. Execute. What this process helps me do is to keep calm, check out the situation, collect information, come to a decision and then follow through with action. Basically PAGDE can guide you in any circumstance, whether it's your work or personal life, you can benefit from using this.



You can read more about it in an article I wrote about it for Huffington Post.

SK: What is the best business advice you've received?

MT: When I was a young and starry-eyed assistant buyer at May Department Store, now part of Macy's, I had an idealistic picture of what I should be buying. I thought I was there to raise the taste level of my customers; did my buyer teach me something! She told me that my job was to serve our customers, to find out what they wanted and do my best to anticipate, find, design and have made if necessary, so that I can offer them what would fit their needs and make them more than satisfied. She said that if they wanted toilet seat covers, then happily and proudly buy the ones that would suit their needs. It was not about me and what I thought was cool, it was completely about our customers. From that point on I realized that my work/duty is to serve my clients' needs and to develop improved ways to fulfill what they are looking for.

Sometimes they may not even be able to articulate their needs; it is up to me to learn and understand them and their lifestyles so that I can develop ways to make their lives easier and more enjoyable.

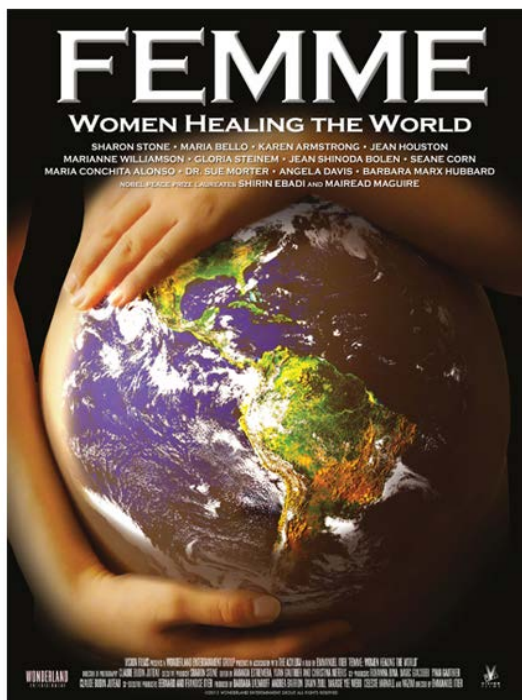
SK: In *The Happiness Choice* you share what you have learned from your life journey from a difficult childhood to becoming an International Business success and a Humanitarian who is happy, healthy, and content. What are your five secrets?

MT: From my childhood experience of rejection and abuse, I found that the secrets to happiness are within the reach of everyone. By knowing my reason for living, I could bear the circumstances much easier. I used my passion for helping others have a better life, to keep me going when I felt sad, scared and lost. My own experience of pain and fear inspired me to help other avoid the same. Using my life purpose as my guide, I could dynamically balance the five aspects of life.

The five key factors in life are: resources and money, our body/health, relationships, Spirit/beliefs and our community.

How you and I choose to allocate our time, energy and resources to each aspect will determine how satisfied we are with our life, even when the journey may seem bleak at the time. Our reason for being is like the beacon of light at the end of the tunnel, it keeps guiding us forward.

The five life aspects are the factors we can juggle each day to create a more satisfying life.



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Greek Government and Euro-American Women's Council, with her image on a Greek postage stamp. Marilyn is featured in many documentary movies including *GLOW Project*, *The Compass*, *Tapping the Source*, and *FEMME* for her accomplishments and inner wisdom.

Marilyn's new book, *"The Happiness Choice"*, published by John Wiley & Sons, was the top 3 most read book by businesses according to 800 CEO Read, the leading business book supplier. The book won the Silver Medal of the Global eBook Awards 2013. The book shows how and why happiness is crucial for business productivity and success, and for your physical, emotional, spiritual and financial health.

Her book, *"How to Use What You've Got to Get What You Want"*, is in six languages. Her book, *"Living the Life of Your Dreams"* was eBook of the Year 2011 in the Inspirational/Visionary category.

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