



ADD 15 YEARS TO OUR LIFE
CAN WE? OF COURSE, WE CAN!!

Add 15 Years | Happiness is a Medical Concept

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Author:

(Prof.) Dr. S. Om Goel, MD/DM

From family of doctors
from AIIMS, MAMC & Delhi University

MD Medicine, USA

DM/Fellowship, USA



DISCLAIMER

This book has been written to provide only general information.

Please always consult a physician before starting any prescription medicine(s).



PREFACE

- The role of mental and physical health in happiness is very important.
- We need to understand how “Health plays important role in our life”.
- Health is good and we are not suffering from any type of chronic disease, then we can say that we only need doctors and hospitals in last year of our life.
- Happiness is an emotional state but "feeling good" does have a medical basis.
- Happiness can be achieved in any economic state of class (Power, lower, middle class state)

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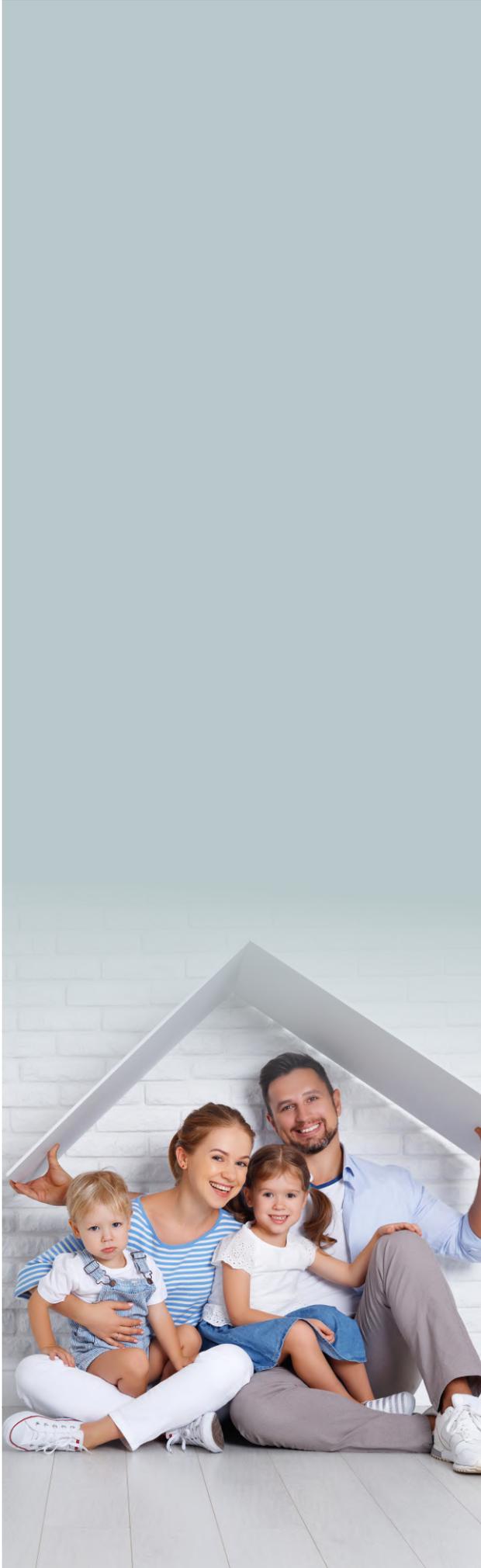


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Chapter 1

We can be happy if we are poor

We can be happy if we are poor.

We cannot choose to be poor or rich, but we can definitely choose that we want to live happy or not.

We can be happy if there is

- Acceptance
- We really have to surround ourselves to the same economic circle where we belong.

Let us see this example, if you are poor and you are living near even a middle-class family, then this make you unsatisfied and unhappy.

Happiness is an emotional state but “feeling good” does have a medical basis. When we have stress, there is a set of hormones that release including adrenaline, and adrenaline increases your heart rate, elevates your blood pressure. If there is too much stress, there is too much of adrenaline and eventually this will you make you feel depressed.

To achieve your remaining goal, or to set up the next level is a basic human nature, that will help him to keep moving, you goal wants your effort and it’s a stressful journey but it will also keep you happy.

Life is not an easy journey; you will have to deal with different types of situations what life put you through in your lifespan.



Chap1Fig1



Chap1Fig2



Chap1Fig3

Chapter 2

We can live happy if we live in a middle-class family

It is the biggest class in both India and USA.

This same theory applies to all classes. As long as everybody around you is similar, has the same kind of income and has the same kind of education, the this will make you satisfied or happy.

But if you live in a neighborhood which is very rich and everybody seems to have lot of money, even though we may have sufficient income then also we will feel unhappy because it is a human fundamental nature.

Middle class families have their own crisis, but they are always easy to deal with. Middle class families have enough to survive or to maintain their life. They have limited resources of money but once they got their tag of 'middle class', eventually they will do well.

When we talk about rich class, they have happiness, they have their future secure but what they do not have is the struggle of small things. They do not have excitement in their life.

Unlike poor or rich class, we definitely have more time to deal with our problems. Our own culture, values, and social pressure keeps us directed and also, it tells our children the same.



Chap2Fig3



Chap2Fig1



Chap2Fig2

It is of no question that richness can bring a lot of excitement and pleasure in someone's life, but this constant struggle and progress keeps us happy through our whole life.

Chapter 3

It is a myth that rich people are living their life happily

Middle class or Rich class?

The best group obviously is the middle-class people. Medically speaking, the upper middle-class people are best suited to maintain “Happiness” throughout their life.

I define middle-class people based on their level of education.

If you are educated enough then money will eventually come. Today, the younger generation is also building up relationship based more on the education. If you are highly educated and you do not have enough money, even then you will be necessarily accepted among the middle-class community.

We cannot deny the fact that rich people easily get into drugs or alcohols or get attracted towards some other women. It is also hard to deny that their children always have access to their wealth. This make them more prone to do something wrong.

They can make any wrong decision that will harm their education or their life.

So yes, in my opinion, ideal class is always the middle-class. We can relate middle-class people with their level of education and their continued struggles in life with limited resources.



Chap3Fig1



Chap3Fig2



Chap3Fig3

If both parents are educated, making enough money, and doing their best to keep their family survive then they can be given their tag of ‘middle-class’.

They work for whole week and then take off on weekends to make their life exciting after a hard week.

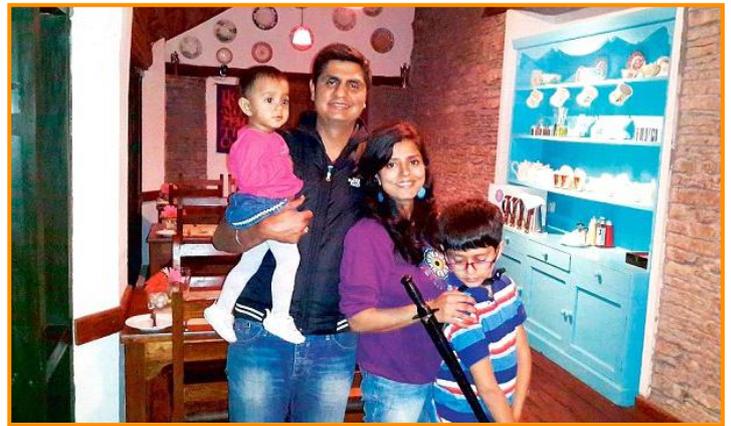
We all know that nowadays life is competitive, but there is no problem if we can make it with competition.



Chap3Fig4



Chap3Fig5



Chap3Fig6

Chapter 4

Ideal way of achieving happiness

Role of mental and physical health in happiness.

As a physician I will say that it doesn't matter whether you are poor, or rich, or comes in middle, you need to make sure that your physical and mental health are on the right track because they are your key for happiness.

Poor people need to have more focus on their physical health. As they have limited resources, so it is their health that help them to earn money. Rich people need to have more focus on their mental health because of their unlimited stress and anxiety.

Middle-class need to focus on both, mental and physical health. In USA middle-class has achieved balance between their mental as well as their physical health, but as I noticed that Indian middle-class have not achieved this balance.

Today in 2020, in this very global environment, we need to save 25% of our total income on our own health - mental or physical does not matter.

We do have medical insurance in India. Now we have eye insurance as well, but no one in India in 2020 is willing to spend 25% of their income on their health.

We always say that if we are feeling healthy then why to waste money?

We always say that if we are feeling healthy then why to waste money?

There is an old saying, that **HEALTH IS WEALTH**, but we always forget.

If our health is good and we are not suffering from any type of chronic disease, then we can say that we only need doctors and hospitals in last year of our life.



Chap4Fig1



Chap4Fig2