

# Rachael Ray every day



TAKE A BITE OUTTA LIFE!®

**BRING ON THE  
COMFORT  
FOOD!**

33 HEARTY  
SOUPS,  
STEW &  
SUPPERS



BLACK BEAN & KALE TORTILLA SOUP

*Sweet!*  
**CHOCOLATE  
TRUFFLES  
IN 3 STEPS**

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**TEAR-OUT  
BOOKLET**

**Shop  
once, eat  
healthy  
all week**

**SPECIAL  
SECTION  
MAKE  
2016 YOUR  
HAPPIEST  
YEAR YET!**

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SPICY ASIAN CHICKEN NOODLE SOUP



LOADED POTATO & BACON SOUP



→ **Feel amazed**

When was the last time you said something was awesome and meant it literally? Awe—the kind you experience while taking in an incredible natural vista or an artistic masterpiece—is such a strongly positive emotion that it not only makes your soul soar, but may also make your body healthier. In a 2015 study, researchers found a link between feelings of wonder and amazement, and lower levels of harmful, inflammation-inducing molecules. Other emotions, like contentment and pride, also were found to confer benefits, but awe took the top spot. The researchers noted that awe makes you feel connected with others (a happiness-maker in itself). So when an opportunity to experience something that will make you gasp and say “Wow!” arises, take it!

→ **Say yes to cheese**

If melty grilled cheese sandwiches and nachos dripping with queso have taught us anything, it's that cheese is serious comfort food. Even science says so! Emerging research has shown that during digestion, the protein casein in cow's milk (the milk used in cheddar, Parmigiano-Reggiano and other favorites) may produce casomorphins, which can have a slight opiate-like effect on some cheese-eaters—in other words, the lucky ones.

→ **Spread the wealth**

Spending even a small amount of your hard-earned cash on someone else, by giving a gift or donating to charity, can make you feel truly rich. “When giving money to others, an individual

experiences happiness from the successful performance of her moral duties, a feeling that's also been described as “human flourishing.” says Lalit Anik, Ph.D., assistant professor of marketing at University of Virginia's Darden School of Business.

→ **Break up with your DVR**

You may think you enjoy your nightly TV fix more if you start watching a show late so you can fast-forward through the ads. But commercial breaks

actually enhance your enjoyment. “We are wired to chase and desire,” says Emma Seppälä, Ph.D., author of the upcoming book *The Happiness Track*. “If you keep delaying, you increase your longing to see the rest of the show.” That season finale just got a lot more riveting!

**GET HAPPY**

Update your space with a few bold and beautiful products for an instant pick-me-up.

1 — You'll happily make time for breakfast if it involves using this vibrant **Oster 2-Slice Toaster**. \$30, [target.com](http://target.com)

2 — Get inspired to stick to your busy schedule with the cheerful, easy-to-read **Alistair Round Wall Clock**. \$65, [dotandbo.com](http://dotandbo.com)

3 — Whether you're coming or going, a **Hello Coir Doormat** will put pep in your step. \$28, [overstock.com](http://overstock.com)

➤ **Brighten your day**

The most happiness-inspiring colors are ones you remember fondly from childhood, according to Naz Kaya-Erdal, who researched color and design as an art professor at University of Georgia. In her study, yellow, green and blue received the most “happy” votes, with respondents citing good memories. (Think of your own happy memories of the arrival of a yellow school bus, the green of parks and playgrounds, the blue of a backyard wading pool.) Research also shows that bright, saturated colors are more happy-making than muted hues. You *could* paint your living room lemon yellow or dress head to toe in spring green, but before you go there, why not try a small but eye-catching pop with one of these cute finds?



WHAT MAKES ME HAPPY

“There isn't a cheese I don't like, so I guess I should be happy all the time! Taleggio is one of my husband's and my favorites. It's a stinky cheese that's easy-melting, and it's delicious slathered on grilled brioche, stirred into a batch of polenta... or eaten off your arm!” —Rachael Ray

Illustration by CHRIS SILAS NEAL

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