

International Non-profit Teaching People an Integrated Approach to Well-Being

In response to the critical levels of depression and stress-related illnesses, the Anthropaideia Foundation recently announced its mission to increase health and happiness worldwide by researching, developing, and advancing an integrated Science of Well-Being. Anthropaideia translates to mean "educating people to develop well-being." The international non-profit teaches adults and children about the cultivation of health and happiness, increases the availability of resources for optimizing mental and physical wellness, and provides relief for illnesses related to depression and stress.

The alliance of expert scientists, physicians, artists, and educators is applying new scientific understandings of well-being, self-awareness, positive emotions, and the mind-body connection to design sophisticated self-help tools that enable people to achieve and sustain greater life satisfaction. Anthropaideia's first educational program is a DVD series entitled *The Happy Life: Voyages to Well-Being*, a step-by-step guide to enhancing wellness. Anthropaideia collaborated on the project with Dr. C. Robert Cloninger, author of *Feeling Good: The Science of Well-Being*, and Director of the Sansone Family Center for Well-Being at Washington University in St. Louis, Missouri. The series is based on 30 years of his pioneering research and clinical experience related to well-being.

The program was designed as a tool for individuals to use in the comfort and privacy of home, but also as one that could enhance programs at schools, hospitals, orphanages, eating disorder clinics, rehabilitation centers, and other facilities where it may be integrated to aid well-being. Anthropaideia is donating *The Happy Life* to such facilities worldwide, as well as providing it to those who make donations in support of the foundation's mission.

Anthropaideia's education, research and philanthropic initiatives are drawing support from leading philanthropists around the world. Esteemed board members include HSH Prince Albert II of Monaco, Dr. C. Robert Cloninger, Dr. Robert F. Munsch, and Sir Michael J. Smurfit.

"I chose to collaborate with the Anthropaideia Foundation to raise public awareness about depression and to support the organization's goal of educating people globally about well-being," said HSH Prince Albert II of Monaco. "I sincerely hope my involvement will encourage leaders in the global community to participate in the foundation's effort to help alleviate depression and advance well-being."



HSH Prince Albert II of Monaco

For more information about the Anthropaideia Foundation, or to contribute to the advancement of well-being, please visit the foundation's Web site at www.aidwellbeing.org. You may also contact Anthropaideia at +1 314 721-3878 or mail@aidwellbeing.org.

The Anthropaideia Foundation is a 501(c) (3) non-profit organization. At least 95% of all donations directly support the organization's programs; less than 5% is used towards administrative and overhead costs.

