



**Woman's
World** THE WOMAN'S WEEKLY



The Happiness Secrets in YOUR FAVORITE BOUQUET

SURPRISE! A BIG BOUQUET ARRIVES FOR YOU from an admirer. What kind of flowers would you most love to receive? Your answer reveals what makes you happiest! "Brain researchers have determined that the mere sight of flowers triggers the release of mood-boosting hormones like serotonin and adrenaline—and the flowers we're most attracted to boost our mood even more than others," reveals floral expert Casey Cooper. So choose the bouquet you love most—and discover your key to feeling great!

TULIPS: You're happiest when you're in charge! "Tulips are the most common flower in summer bouquets because they're the sturdiest—and just like them, you do best when you cut right to the chase," says Cooper. Do folks always want to put you in charge? Absolutely—because your clearheaded practicality makes you a force to be reckoned with!

WILDFLOWERS: You're happiest when you're spontaneous! Bouquets of wildflowers are a splash of the unexpected, a vivid reminder that anything is possible, and folks who prefer them are usually free spirits, says Cooper.

Rarely content to lead a predictable life, your motto is "You never know what's around the next corner"—and you can't wait to find out!

ORCHIDS: You're happiest when you're challenged! "Women who are drawn to orchids—the most unique, exotic and difficult to grow flower in any bouquet—tend to be the type who welcome a challenge," says Cooper. You're a go-getter who loves a puzzle—and that's what makes you such a success!

SUNFLOWERS: You're happiest when you're having fun! "Sunflowers are huge, hearty, bold flowers and people who love them tend to have fun-loving personalities," says Cooper. And lucky you: research proves that folks who get the most joy out of life tend to live the longest!

ROSES: You're happiest in the limelight! "Roses are a bold, look-at-me flower that thrives in bright sunlight—and you're drawn to them because you feel the same way about yourself," says Cooper. Charismatic, outgoing and sure of yourself, odds are you're happiest when you're center stage with all eyes upon you. No wonder roses are the preferred flower of most famous actresses and ballerinas! 🌹