

Smile! Endorsements

This book of smile photographs is very uplifting!
Smile! Comes at a time when life is full of pain and anguish.
Smiles are good for the heart and for peace.
It is essential for everyone not only to possess a copy but to read it and spread the smiles far and wide around the world.

Arun Gandhi (Grandson of Mahatma Gandhi)

Founder/President, Mahatma Gandhi Institute for Nonviolence

An organization to strengthen and co create global peace



This “I travel around the world and from many people that I encounter, one of the most frequent questions that is asked is: “If you were to choose a place to live or to visit next, where would you like for it to be?”

Each time, I feel that it is not the place that makes it wonderful, but the smiling people that I meet in these places that I visit.

The good energy and smiles that I receive from people when I visit places is what I remember the most. When I think about all the people that I have met, I wonder how many smiles I have encountered.

No matter how beautiful the land is, if there are no smiles—I do not want to go, and vice versa.

Smile and good HADO...this is what makes my work worthwhile and I feel that I am contributing towards a more peaceful world.”

Dr. Masaru Emoto, Author of Messages from Water



“I love my friends!
I want more friends.
I love Smiles.
That is a fact.

How to develop Smiles...
There are a variety of Smiles.

Some smiles are sarcastic.
Some smiles are artificial and diplomatic smiles.
These smiles do not produce satisfaction and Happiness.
A genuine loving smile gives us hope and health and freshness.
If we want a genuine Smile then first we must produce the basis for a Smile to come.
Your Smile will bring healing to others and yourself.”

His Holiness the 14th the Dalai Lama Tenzin Gyatso, is the head of state and spiritual leader of the Tibetan people



“In my career as a United Nations Command negotiator with North Korea and as the captain of a nuclear submarine in the Persian Gulf during Operation Enduring Freedom on the USS Pasadena, I have experienced some of life’s most demanding and potentially stressful encounters. The simple yet profound gesture of a human smile has the innate power to transform extremely stressful situations into more positive and rewarding experiences – even the ones like these.

This book “Smile” has the information and research and credible comments that are both scientific as well as humane. You will find Smile! the book and smiling to be valuable resources for being genuinely happy in your life.”

U.S.Naval Commander Donald Fritts US Navy Ret.
Former United Nations Peace Negotiator



“Occasionally a book comes along that expresses something beautiful in a simple, refreshing and delightful way. So it is with this book, Smile. Elan Sun Star’s masterful photographs and informative text uplift the soul and make all of us aware of how truly wonderful life is.

It is with great pleasure that I write the forward for this inspiring book. As a medical doctor I am dedicated to the mental and physical health of my patients. Elan Sun Star, a world famous photographer and spiritual teacher, has made a contribution to the world and to the health of everyone. He reminds us how we can also contribute to the happiness of the world by simply smiling. Smiling is contagious. One smile leads to another and another and another. Enjoy this wonderful book, give it to others, and create a wave of smiles that spread to your family, friends, communities, and across the world.”

David R. Allen, M.D.
The Longevity Clinic
Hollywood /Los Angeles, California



"Smiling increases your face value." Elan Sun Star's new book "Smile" is a thorough and comprehensive treatment of the important subject of smiling. The superb photos are uplifting, inspiring, and heartwarming.

The text has been thoroughly researched and is full of common sense, humor, and solid science.

This book needs to be on the coffee table of every home around the world, in every library, in every classroom, and on the bookshelves of every major academic center and university in the world, as well as in the personal offices of every professional in the world who deals with people, be they doctors, nurses, psychologists, counselors, educators, lawyers, public relations firms, human resource personnel, media personnel, (including TV and movie producers, journalists and reporters), and in the hands of just about everyone else interested in improving the quality of their life experience.

As a physician who treats not only physical maladies, but also people with mental and emotional problems, I can't imagine a more effective or powerful prescription for health than the daily reading of even one or two pages of this beautiful book!"

Arthur H. Brownstein, M.D., M.P.H.

Assistant Clinical Professor of Medicine, John A. Burns School of Medicine
University of Hawaii at Manoa

Author: *Healing Back Pain Naturally* (Harbor Press 1999), *Extraordinary Healing* (Harbor Press 2005)



" As they accumulate and compound, genuine smiles and heartfelt positive emotions transform people and communities for the better.

In this unique book/website, SMILE!!!!, Elan Sun Star, the author, weaves strands of science and culture together with his photographic art to create an inspiring human tapestry.

You can hardly prevent yourself from being moved and transformed by these images of profound beauty; joy and hope.

Savor and enjoy!"

Barbara L. Fredrickson, Ph.D.

Professor of Psychology
University of Michigan, Ann Arbor, Michigan



“In a world of technical solutions, converging societies and globalisation, there are still some truisms in humanity that cannot be “spun” or misinterpreted, one of which is the warmth of the human smile.

Amidst the brutality of war in Iraq the endless attempts to feed starving children in Haiti, the thankless separating of belligerents in Bosnia and Kosovo, or providing humanitarian assistance to Central America, the enduring power of the human smile still spans the barriers of culture, language, and hatred.

Elan Sun Star has captured and reminded us of this truism and I have witnessed his premise at the most basic levels of human endeavour for over 24 years in the United States Army.

Smile! Is a must read for those who have lost their ability to smile. It can change our planet.”

Colonel Christopher P. Hughes

Commander, Joint Task Force Brave
Soto Cano Airbase, Honduras



“If you only read one book, read Smile!

In my super active 50 years of training Hollywood’s celebrities like Marilyn Monroe, Clark Gable, Errol Flynn, Betty Grable, Douglas Fairbanks Jr., Rita Hayworth, Marlon Brando, Johnny Weissmuller, Buster Crabbe, Chuck Norris, Tyrone Power, Matt Dillon, business tycoons like H. L. Hunt, athletes like Rocky Marciano, and astronauts like James Lovell and Alan Shepard, and thousands of others, I have seen the power of the human smile to empower and transform and to bring health and vitality as well as love and admiration and charisma and even self esteem.

All of my world famous clients were famous because of their endearing and charismatic smiles...the same smiles that you possess.

Smile! is a book you will want share with others and return to again and again to inspire yourself and brighten your day and your attitude.

The research in this powerful book is scientific as well as anecdotal and it reminds us of the power we hold in the ability to Smile.”

Dr Bob Delmonteque, N.D. Trainer and coach to thousands of Hollywood stars and CEOs and astronauts and athletes since 1940. www.bobdelmonteque.com



“A book of smiles is a gift to everyone, for as someone said, "Everyone smiles in the same language." From research we have conducted at the Institute of HeartMath, we know that a

genuine smile, while shown on the face, emanates from the heart and is an expression of our complete inner and outer selves.

This collection of Smiles should gladden everyone's heart – and thus lead to more smiles!”

Rollin McCraty, Director of Research
The Institute of HeartMath
www.heartmath.org



“...For decades Elan Sun Star’s brilliant photography created a sense of joy and well being for those lucky enough to see his work. Now Sun has taken his art to a new level!

Elan’s new book SMILE! combines the healing message of smiling to prove the power of the human smile with the beauty of the world through his camera lens and insights.

SMILE! is literally a magical blend of and insightful interviews with researchers; poets; physicians and philosophers...”

Mo Siegel
Founder of Celestial Seasonings Tea Company; Board of Whole Foods Company



“Much of our time is spent working so diligently at improving ourselves and our lot in life. I am among those in the thick of it, coaching others to do so as they discover their ho‘ohana, their on-purpose intention and passion in the work they do, as a celebration of the aloha spirit naturally innate to them.

I often find that we make it so much harder than it has to be, however now we have Smile! and inspiration for more aloha with ease.

Sun has given all of us a magnificent gift with his book, for he has helped us understand that smiling is a way to share our aloha instantly and so naturally; he has given us more than enough proof that we must smile more for our own well-being in doing so, and he shows us through pictures which speak volumes in their contagiousness of spirit, inspiring us so joyously.

Smile! and know the joy you were meant to feel in each living moment.”

Rosa Say, founder and head coach of Say Leadership Coaching, and author of *Managing with Aloha, Bringing Hawaii’s Universal Values to the Art of Business.*