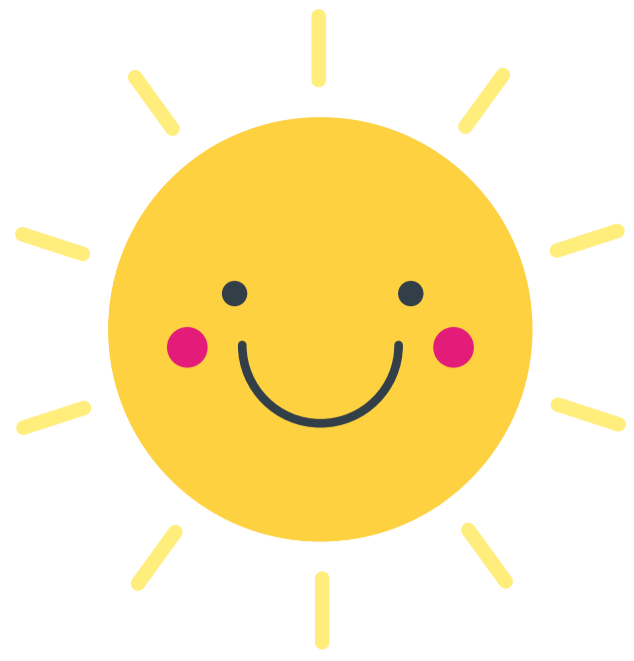


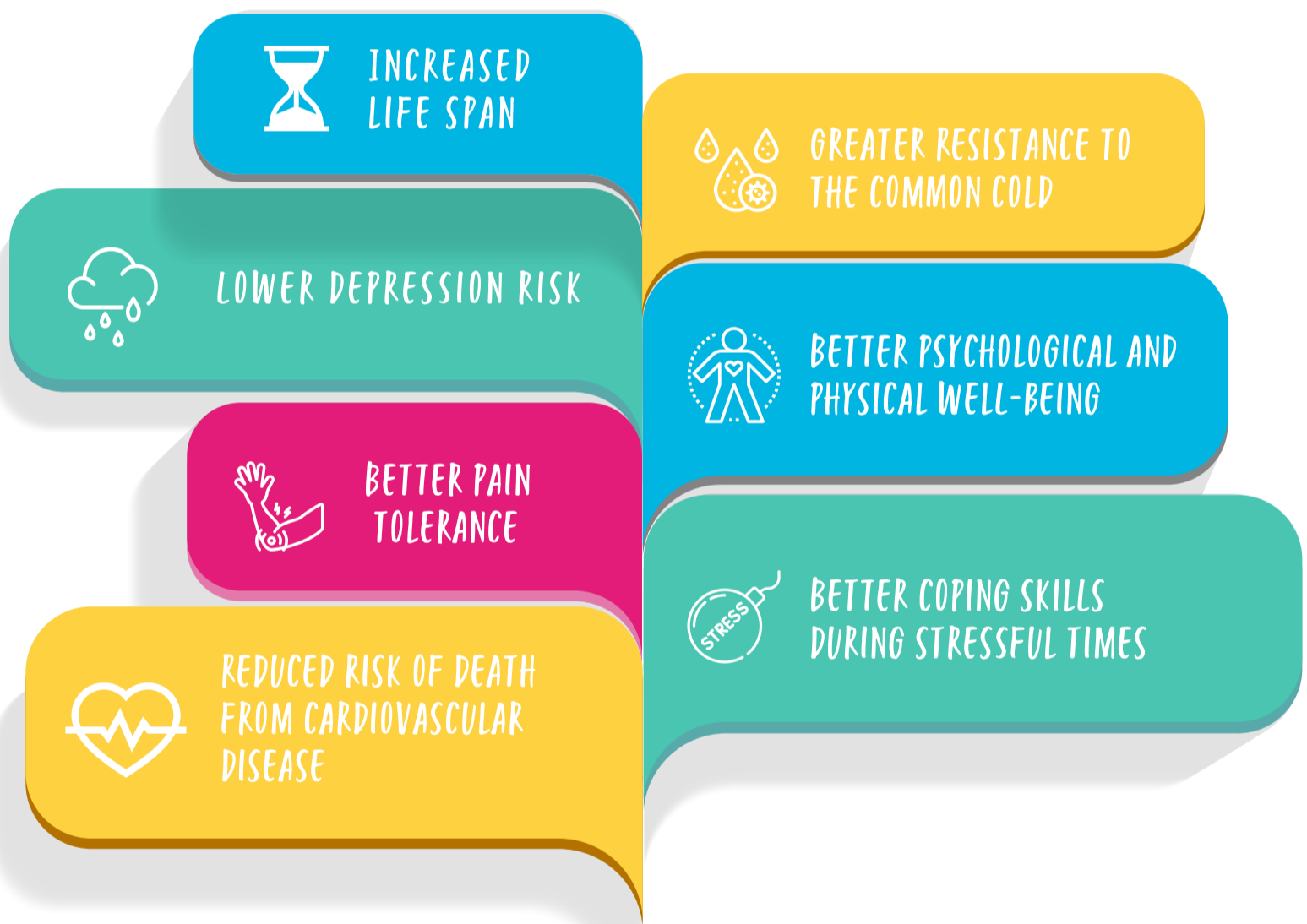
The Health Benefits of Positive Thinking



It's important to learn to rule your mind. Otherwise, your thoughts can board a runaway train to negativity. Daily positive thinking can improve your stress levels, reduce your risk for depression, and even increase your lifespan!

Positive thinking isn't merely wishing away or ignoring the bad, ugly, and unpleasant aspects of life. It's about changing your attitude to look at and respond to the more positive aspects of any given situation.

Benefits of positive thinking may include:



No doubt, life can throw some major curveballs. But it's all in how you handle it. You can have a good cry, complain about it to friends, and then move along. Wallowing and continuously revisiting it or thinking more bad is coming your way is one way to drain your energy and health. Lean on the power of positive thinking to better tackle life.

“Things turn out best for the people who make the best of the way things turn out.”

– John Wooden