



## daily GOOD

Change your thoughts and you change your world. --Norman Vincent Peale

A decade or so ago, many researchers believed emotions, the feelings usually associated more with the heart than the head, couldn't be measured or studied in laboratory experiments. No so true anymore. Most recently, Dalai Lama visited University of Wisconsin's facility for research on 'The Science of Emotions':

### **Be The Change:**

At a moment of negativity, pause and transform the emotion.