



daily GOOD

Could you keep your heart in wonder at the daily miracles of your life, your pain would not seem less wondrous than your joy. --Kahlil Gibran

The Miracle of Positive Thinking

Wake Forest University researchers found in a recent study that positive thinking reduced activity in parts of the brain that process pain information, and was as powerful as an actual shot of morphine in relieving the pain.

Be The Change:

Experiment with thinking positively to see if it has an effect on your experience in a painful situation.