



daily GOOD

An emotion is your brain's creation of what your bodily sensations mean, in relation to what is going on around you in the world. --Lisa Feldman Barrett

Cultivating Wisdom: The Power of Mood

Do you believe that what you see influences how you feel? Actually, the opposite is true: What you feel - your "affect" -- influences all our senses -- what you see, hear, smell, taste, and touch. Psychologist and neuroscientist Lisa Feldman Barrett shares the groundbreaking discovery that you experience the world through affect-colored glasses. She also reveals how affect can be a source of wisdom that helps you to make better, wiser choices in life.

Be The Change:

Take a moment to be curious about your affect. Are you able to discover other paths forward that you had not considered before?