



daily GOOD

I will never understand all the good that a simple smile can accomplish.
--Mother Teresa

The Untapped Power of Smiling

We're born to do it. A smile is one of the most basic, biologically uniform expressions of all humans. Paul Ekman, the world's leading expert on facial expressions, discovered that smiles are cross-cultural and have the same meaning in different societies. 3-D ultrasound technology shows that developing babies appear to smile even in the womb. The mood-boosting power of a smile is unfathomable. Studies show that one smile can provide the same level of brain stimulation as up to 2,000 chocolate bars. Yet, unlike lots of chocolate, lots of smiling can actually make you healthier. :)

Be The Change:

Smile. It can change the world.