



Look on the Bright Side

The most important application of the law of cause and effect in your life is this: **Thoughts are causes, and conditions are effects.** What this means is that your thought is creative. **You create your world by the way you think. Nothing in your world has any meaning except for the meaning you give to how you think about it and talk about it.** If you don't care about something, it has little effect on your emotions and actions.

How to be Happy

Many thousands of people have been interviewed over the years to find out what they think about most of the time. Can you guess what the most successful and happy people think about all day long? The answer is simple. **Happy, healthy people think about what they want, and how to get it, most of the time. When you think and talk about what you want, and how to get it, you feel happier and in greater control of your life.**

How to be Unhappy

What do unhappy people think and talk about most of the time? **Unfortunately, they think and talk about things they don't want.** They think and talk about their problems and pains, and the people they don't like. Sometimes, their whole lives revolve around their complaints and criticisms. **And the more they think and talk about what they don't want, the unhappier they become.**

The Most Important Quality

Based on many psychological tests, the happiest people seem to have a special quality that enables them to live a better life than average. Can you guess what it is? **It is the quality of optimism!** The best news about optimism is that it is a learnable quality. **You can learn to be a more positive, confident, and optimistic person by thinking the way optimists do-most of the time.**

Look for the Good

Optimists seem to have different ways of dealing with the world that set them apart from the average. First, as we mentioned, **they keep their minds on what they want and keep looking for ways to get it.** They are clear about their goals, and they are confident that they will accomplish them, sooner or later. Second, **optimists look for the good in every problem or difficulty.** When things go wrong, as they often do, they say, "That's good!" and then set about finding something positive about the situation.

Seek the Valuable Lesson

The third quality of optimists is that **they seek the valuable lesson in every setback or reversal.** Rather than getting upset and blaming someone else for what has happened, **they take control over their emotions by saying, "What can I learn from this experience?"** Fully 95% of everything you do is determined by your habits, good or bad. **When you repeatedly look for the good and seek the valuable lesson in every obstacle or disappointment, you very soon develop the habit of thinking like an optimist.** As a result, you feel happier, healthier, and more in control of your world.

The Body-Mind Connection

More and more doctors are concluding that 80% or more of all diseases and ailments are psychosomatic in origin. This means that "psycho," the mind, makes "soma," the body, sick. **You do not get sick from what you are eating, but from what is eating you.**

Action Exercises

Here are three ideas that you can use, every day, to help you look on the bright side.

First: **Resolve to see your glass of life half full rather than half empty.**

Second: **Give thanks for your many blessings in life rather than worrying or complaining about the things you do not have.**

Third: **Assume the best of intentions on the part of everyone around you.**