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The benefits of being positive - Features, Health & Families - The Independent

Research is showing that the key to happiness and health is to have a positive attitude. Positive people are less likely to get sick, live longer and are happier than those whose attitude tends to be neagative.

So how can you be more positive? First realized that if you've been negative for a while it's going to take some time to change. Start with baby steps. When you think of a negative thought, stop. Replace the negative one with a postive one. This will feel strange at first but the more you do it the more natural it will become.

Scents can help people be more positive. Citrus scents are natural happiness boosters. Buy a citrus scented lotion or room spray.

For more information on the many health benefits of being a positive person click on the link below.

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