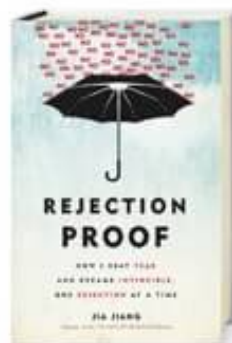




## Mind and Mood Revivers



### STUDY BUZZ

#### A healthy reason to be positive

Focusing on the good in life could keep your heart strong. Optimists are twice as likely to be in great cardiovascular shape as pessimists, a new study has found. Upbeat types also have better BMIs, blood sugar, and cholesterol than Eeyore-ish people. So make a point to find silver linings.

### BOOK SMARTS

#### Don't fear "no"

Jia Jiang went on a mission to risk rejection for 100 days to get over the sting of being turned down. Jiang's new book, *Rejection Proof*, chronicles his wacky adventures, from asking a top car salesman to give him tips (nope!) to seeing if a Krispy Kreme shop would design an Olympic ring-themed donut (score!). One lesson? When done right, braving rejection can toughen you up and motivate you. After Jiang gave a public speech on a random city street (the scariest risk of the 100 days), he later felt nervy enough to give the same one in front of hundreds of people at a conference. *Gutsy!*

### HABIT CHANGER

#### The mental trick that turns a weakness into a strength

If you believe that one of your negative traits, such as a short attention span, is linked to a positive quality, like the ability to multitask, you'll be better at using that quality. Researchers informed study participants that they were "impulsive" based on a personality test. Those who were told impulsivity is linked to creativity came up with way more ideas than those who were told there was no link. So if you think a certain trait is holding you back, find its plus side: Maybe you're shy—but you're also observant and sensitive!

### TECH FLASH

#### Download a dose of happiness

Take a break from texting and Facebook to check out some smartphone apps devoted to lifting your mood. Free ones like Smiling Mind and Happify offer mindfulness tips, guided meditations, and games that switch you from down to up. Our favorite: the Today's Victories exercise on Happify, where you post quick highlights from your day. The practice has been shown to overcome the brain's natural negativity bias. Also, it's fun.



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