

When you react positively, it changes the atmosphere around you, which causes others to feel more comfortable in your presence. They feel at ease around you; you become easy to approach and interact with. This makes others happier, which in turn lightens their mood and outlook, which then makes their lives easier and more enjoyable. All this improves your mood and outlook too!

Positive thinking, which results in positive actions, causes a positive chain reaction, both spiritually and physically.

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