

The Science of Happiness: Why Complaining is Literally Killing You

Written by Steven Parton

Saturday, 01 September 2018 00:00 - Last Updated Thursday, 03 January 2019 09:48

Lets dig deeper into the logic behind that. Consider two pairs of people throwing balls back and forth. One pair stands 10 feet apart, the other pair at a distance of 100 feet. One partner from each team throws their ball to their respective partners at the exact same moment with the exact same speed. The first team that catches the ball gets to dictate your personal decision and mental state of mind.

9 ch team will get the ball first?. The logic of what is regarding distance, v , m , k and

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love. Over and over I did this, moving those synapses closer and closer together, to the point where any synapses in my brain associated with sadness, regret, pessimism, fear, desire, melancholy, or depression had a smaller and smaller chance compared to the synapses of love. My reactions, my thoughts, my personality and therefore my default state became one of

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But regardless of what it brings your way, your choice is love or fear. And yes, I understand it's hard to find happiness on those nights when you feel like _____ re all aief. _____ T _____ ine t nd its