



The Hidden Power of Smiling

Description

Ron Gutman reviews a raft of studies about smiling, and reveals some surprising results. Did you know your smile can be a predictor of how long you'll live — and that a simple smile has a measurable effect on your overall well-being?

Prepare to flex a few facial muscles as you learn more about this evolutionarily contagious behavior.

Amazingly large bags, twice their eighty-pound weight. Some of the women carry babies in slings around front. A good adult picker can harvest over two hundred pounds of cherries and earn \$8 a day, more than twice the Guatemalan minimum daily wage.

What is creativity really?

From a scientific perspective, creativity is your ability to think of something original from connections made between pre-existing ideas in your brain. These connections are controlled by neurotransmitters like adenosine, which alerts your brain when you're running out of energy and reacts.

This got me wondering about coffee and beer and which one would actually help me be more creative and get work done. Hopefully, this will help you decide when it's best to have that triple shot espresso or ice cold brew.

Adenosine is kind of like your brain's battery status monitor.

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Your brain on coffee

Every coffee drinker is familiar with the feelings after drinking a fresh cup of java. I know after I've had a latte or espresso, I feel more focused. If I'm having a conversation with someone, **words seem to flow** without pauses, ums, or ahs.

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If you decide to drink coffee or beer while you're working, stick to no more than 2 drinks per sitting and try not to do this more than once or twice per week to prevent dependency. Coffee and beer shouldn't be thought of as magic bullets for [creativity](#).

Be Grateful.

It's really simple. What is one thing today you are really grateful for? What is another? If you can list 3 things a day, you'll see you have much more going for you than you thought. Soon your list will get so long you'll be beaming with energy.

1. Coffee and beer shouldn't be thought of as magic bullets for creativity.
2. They are ways to create chemical changes that occur naturally in your body.
3. Quality sleep, a healthy diet, and allowing yourself to take breaks.

We are all human as well and humans are not perfect creatures. When you learn to accept yourself, true happiness quickly arises.

Categorie

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