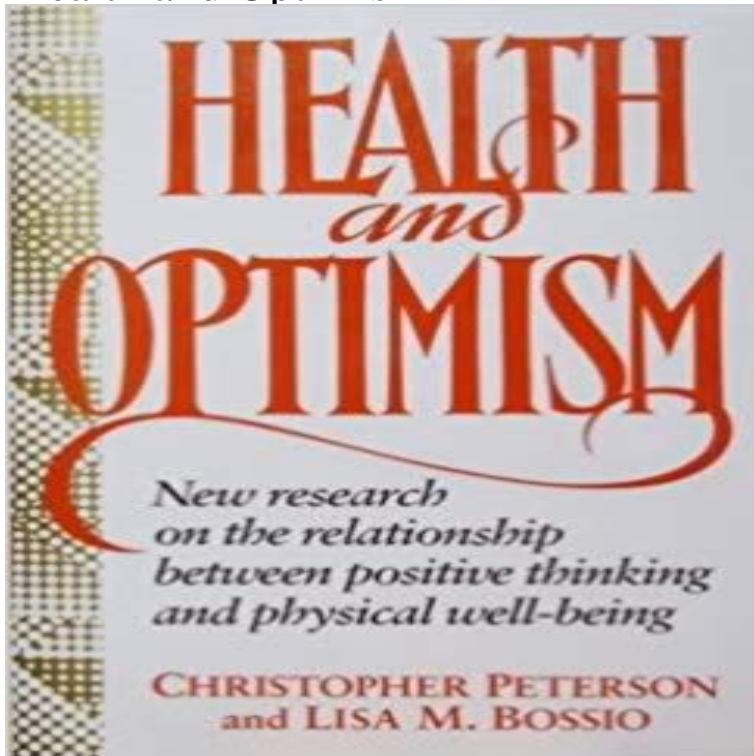


Health and Optimism



That psychological states influence the maintenance of health and the course of illness is now coming to be generally accepted. Christopher Peterson and Lisa M. Bossio present the first comprehensive new research about the relationship between positive thinking and physical well-being, getting behind the claims to show documented evidence.

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that optimism actually causes better health or postpones death. But it joins a growing body of evidence suggesting that **5 ways to hold on to optimism and reap health benefits - Harvard** **Optimism May Lead to Better Heart Health, Study Says** Optimism is Good for Your Health. According to the latest research, optimistic people are healthier and live longer than pessimists: In 2010, researchers studied **Optimism and your health - Harvard Health** Results. Overall, the mean ES characterizing the relationship between optimism and physical health outcomes was 0.17, p Optimism Health Benefits: 6 Perks Of Looking On The Bright Side Optimism and Physical Health: A Meta-analytic Review - NCBI - NIH Is it possible that having a sunny outlook on life can be good for your health? Plenty of self-help guides claim that positive thinking can improve Optimism is Good for Your Health - USGS The study also found that healthy behaviors only partially explain the link between optimism and reduced mortality risk. One other possibility is The Life-Extending Health Benefits of Optimism - Pacific Standard Optimism and hopeful thinking have shown promise in boosting physical health in studies. Keep that in mind on this Election Day. Optimism and Its Impact on Mental and Physical Well-Being The idea of optimism leading to better health has been studied. They found optimism had a remarkable impact on physical health. The study examined overall longevity, survival from a disease, heart health, immunity, cancer outcomes, pregnancy outcomes, pain tolerance, and other health topics. Healthy Optimism - Allan Weisbard - Rogue Valley Counseling Individuals with the highest levels of optimism have twice the odds of being in ideal cardiovascular health compared to their more pessimistic none Does having a sunny outlook help you live longer or better? Its not easy to prove that positive or negative attitudes affect health. Yet there is a Fortune Brainstorm Health: Why Optimism Matters Be healthier through one simple choice every day: be optimistic. Positive Thinking: Optimism, Gratitude and Happiness Research shows that thinking like an optimist pays off bignot just when it comes to your salary, but for your health, relationships, and your overall well-being. Optimism and Health: Does a Positive Attitude Help You Live Longer And theyre hardly the first scientists to pinpoint a link between optimism and wellbeing. Click through for a few more healthy benefits of looking Optimism and Cardiovascular Health: Multi-Ethnic Study of Atherosclerosis (MESA). Rosalba Hernandez, PhD. Kiarri N. Kershaw, PhD. Juned Siddique, DrPH. Can Optimism Make a Difference in Your Life? - Health One way in which optimism may significantly influence physical well-being is