"A Simple Way to Make a Good First Impression": "smile." A genuine smile from the heart makes people happy to see you, while a sour expression turns people away. Putting on a smile even when you don't feel like it may seem forced at first, but acting cheerful is the first step toward becoming cheerful. Carnegie further states that happiness comes "by controlling your thoughts," because it comes from within.

What if, instead of arguing with someone, we admit their importance through appreciation? This can expand the other person’s ego so he can then become sympathetic and kind.

To keep a disagreement from becoming an argument, we can welcome the disagreement. If the other person is raising a point we haven’t considered, we can be thankful it’s brought to our attention. It may save us from making a mistake.

We can also distrust our first instinctive impression. Our natural reaction to a disagreeable situation is to become defensive. We should keep calm and watch out for how we first react.

Next time you find yourself in a disagreement with someone, don’t respond with criticism or a negative email. Instead, sleep on it. You’d be surprised how much perspective you can gain by giving yourself a bit of time to think the situation over.

That's all

Thank you

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