How to unlock the simplest most influential weapon that we have on our faces? We give ourselves a quick look in the mirror every single morning before leaving the house, just to make sure that we look good. But sometimes we still show up at the office, get the kids from school, or return home to our spouses with a frown on our face.

怎样解锁我们脸上最简单但最有影响力的道具呢？我们只需要每天早上出门前照一照镜子，确保自己看上去不错就行了。但有时候我们去办公室或接孩子或者回家面对自己的爱人时，仍然是板着脸。

Why do we pay more attention to what we wear on our bodies than what we wear on our faces. Smiling, as simple as the act is, is so incredibly powerful, and of course it can't be an insincere grin, we all know what that looks like and we can all recognize that a mile away.

相比于脸上的表情，为什么我们会更加在意身体的穿戴呢？微笑，就是这么简单的一件事，却蕴含惊人的力量，当然这不包括虚伪的笑容，我们都很清楚虚伪的笑是什么样子的，并且能一眼辨认出来。

But a real smile can turn someone's day around, it sends a message of goodwill, it says to someone who is under a lot of pressure from their boss, their customers, teachers, parents, children, whatever it is, that all is not hopeless.

发自内心的笑容能够让他人的一天变得美好，它是在传达一种善意。透过你的笑容，那些承担老板、客户、老师、家长或孩子等各方面压力的人们能够看到生活的希望。

People who smile more tend to manage, teach and sell more effectively, they live happier lives. There's far more information in a smile than a frown, that's why encouragement is a much more effective teaching device than punishment, even when we're talking on the phone, a smile comes through in our voices.

经常面带笑容的人做管理、教育和销售等行业时，会更加高效。他们活得更加快乐。笑容可掬比眉头紧锁所传达的信息要多得多，这就是我们在教学时，鼓励比惩罚更有效的原因。即使我们在打电话时，我们的笑容也可以通过声音传给对方。

1.**quick look**

 快速浏览；快速看；

2.**every single morning**

  每个早晨；

3.**show up**

  露面；呈现；

4.**get the kids from school**

  接孩子放学；

5.**frown**[fraʊn]

  皱眉；眉头紧锁；

6.**an insincere grin**

  虚伪的笑容；

7.**turn someone's day around**

  让某人的一天有所好转；

8.**goodwill**

  友好，好意;（企业）信誉，商誉；

9.**far more**

  许多，多得多的；

10.**talk on the phone**

  在电话中交谈；