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 Pessimists are more likely to die of heart disease. That is not surprising. Talk to any GP, they will tell you, when you are treating patients over 30, 40 years and you see the ones who survive and the ones who die, the optimistic thinkers seem to do well. This is true research. They studied 2000 people, aged 50 to 70, and they

gauged their pessimism and optimism. They went through the study and found 121 died of heart disease, they had a gloomier outlook. Then they found the ones that were most pessimistic, they were more than twice as likely to die from heart disease. Wow. The power of the mind. You cannot ignore it. The mental health, the physical health. I have seen this 100 times in my life. Get happy and put your Christmas tree up, that is doctors orders. That is it!