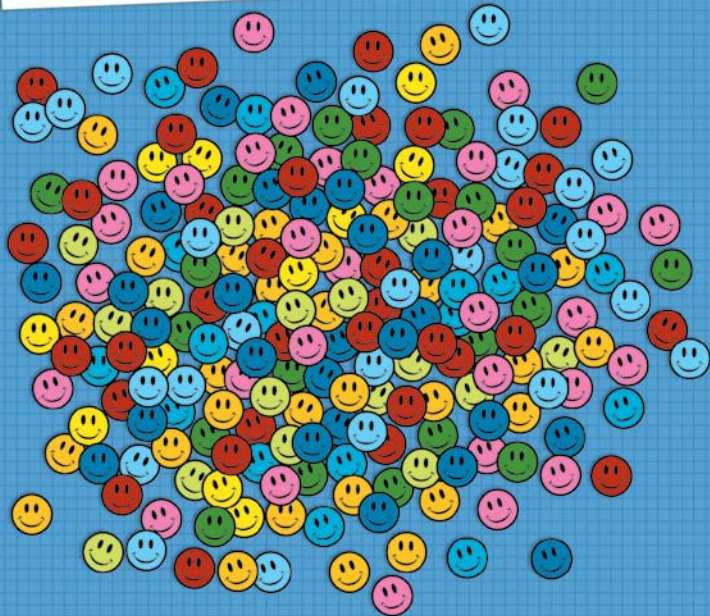


☹ FIND MR. SAD



Find Mr. Sad

This square is intended as a warning to remind you that, when you are tired, stressed, sick or facing a difficult situation, your brain has a natural tendency to focus on Mr. Sad—that is, to look at everything that is going wrong. Today, be sure to look at the Mr. (or Mss.) Smileys around you and to recognize all the extraordinary things that life offers. And go ahead—crack a little grin yourself!

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