

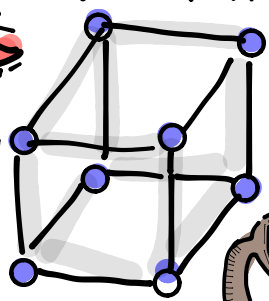
# live happy

## The Upside of Your Dark Side

with ↓  
Todd Kashdan

Emotions are just tools. Use 'em wisely.

There are a lot of dimensions to being human, including joy, sadness and anger.



WHOLENESS.



We need to acknowledge our emotions, discomfort rather than discarding them.

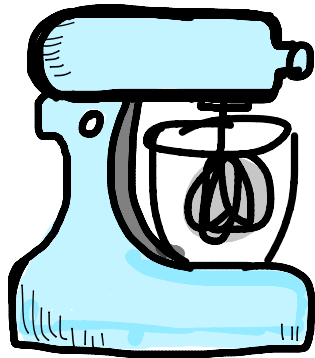


Expressing Sadness can signal need for love, support or help.

↑ 76%  
Learned about their faults.



↑ 48%  
Strengthened Relationships.



WALK OR WALLOW.

...is a commitment that matters most to you.

3-parts ACTION to 1-part THOUGHT.



#wakeuphappy