

Title:

When You're Smiling!

Word Count:

823

Summary:

^ Smile , it is the key that fits the lock of everybody's heart."

Anthony J. D'Angelo

Back from Florida ahead of Hurricane Wilma, I asked my teenage son what he thought I should write

Keywords:

smiling,happiness,positive,face lift,endorphins,gelotologist,confidence,esteem,gift,smile

Article Body:

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Anthony J. D'Angelo

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I nearly dismissed this until I remembered that while I had been working on the fourth module

I couldn't leave it there, so did a search on Google and came up with the following:

More facts about smiling

- A smile is a universal expression of happiness and recognized as such by all cultures
- A smile is the most frequently used facial expression It takes as few as five pairs of facial muscles
- Regardless of the precise number of muscles used, smiling causes far fewer muscles to contract
- Smiling releases endorphins and makes us feel better
- Even 'faking' a smile can lead to feeling happier
- People are born with the ability to smile (They don't copy the expression, even babies who are born blind)
- Babies reserve special smiles (Duchenne smiles of joy and happiness) for their loved ones
- A newborn shows a preference for a smiling face over a non-smiling face
- Women smile more than men
- Younger people smile more than older people. American males with high testosterone smile less
- There are 18 different kinds of smile used in a variety of social situations
- Human beings can differentiate between the 'felt' (Duchenne) smile (of joy and happiness) and the 'social' smile
- A smiling person is judged to be more pleasant, attractive, sincere, sociable, and competent
- A person who studies laughter is called a 'gelotologist'

From [www.raisingkids.co.uk](http://www.raisingkids.co.uk)

Can smiling help you to move forwards? Are you lacking in confidence and afraid to be noticed?  
You can choose to be permanently grumpy or you can choose to cheer up and smile! Have you been  
One of my favorite exercises is to have a `Smile Day`. From the moment I get up I decide that  
What makes you happy? What do you like doing? Where can you include more of this in your life?  
Try and smile at at least one stranger each day. For the less confident this could be a challenge  
Happiness comes from many sources, including expressing ourselves creatively. What are you going  
A smile costs nothing, however it brings great richness to the recipient

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