

Please Take a Copy

The Surprising And Powerful Links Between Posture and Mood *what CellPhones do to your mood and wellbeing*



Why feeling taller tricks your brain into making you feel more confident and why your **Smartphone** addiction might be making you depressed

The next time you're feeling sad and depressed, pay close attention to your posture. According to cognitive scientists, you'll likely be slumped over with your neck and shoulders curved forward and head looking down.

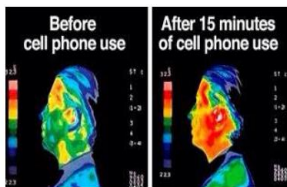
While it's true that you're sitting this way because you're sad, it's also true that you're sad because you're sitting this way. This philosophy, known as [embodied cognition](#), is the idea that the relationship between our mind and body runs both ways, meaning our mind influences the way our body reacts, but the form of our body also triggers our mind.

In large part due to [Amy Cuddy's widely popular 2012 TED talk](#), most of us know that two minutes of "power poses" a day can change how we feel about ourselves. This isn't just about displaying confidence to others around; this is about actually changing your hormones—increased levels of testosterone and decreased levels of cortisol, or the stress hormone, in the brain

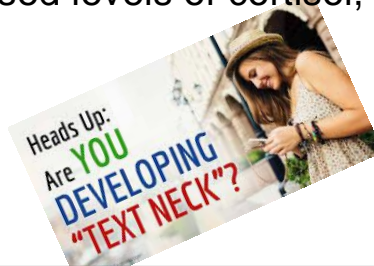


Use Alarm not

Cell Phone



***USE BLACK TOURMALINE**
*** Don't sleep near Cell phone**



Use Black Tourmaline to reduce Cell Phone/WiFi Radiation .it Affects you and your families health FACT....



Follow us [bee_light_crystals](#)

DID YOU KNOW

Your phone transmits 44000 micro volts every 30 secs, as it logs in Equivalent to 55 Microwave ovens Being on

