

Pollyanna Tells Aunt Polly Why That Darn Ringing In Her Ears Should Make Her Glad

Pollyanna was a bright and cheerful girl who always tried to see the best in everything. She had been orphaned as a young child and had been living with her wealthy but cold and strict aunt, Polly, ever since. Polly often complained about her life and was always finding fault with everything. One day, Polly was complaining about the ringing in her ears. Pollyanna listened patiently and then said, "Oh, Aunt Polly, you should be glad that you have that ringing in your ears." "Glad?" Polly exclaimed. "Why on earth would I be glad about that?" "Because," Pollyanna explained, "it means that you are still alive. If you couldn't hear that ringing, it would mean that you were dead." Polly was stunned. She had never thought of it that way before. She realized that Pollyanna was right, and she felt a little better about the ringing in her ears. The next time Polly complained about something, Pollyanna would remind her of the ringing in her ears. And eventually, Polly began to see the good in things and became a much happier person.

Pollyanna's philosophy of life is known as the "Pollyanna Principle." It is the belief that if you focus on the positive aspects of life, you will be happier. This principle has been proven to be true by numerous studies. For example, one study found that people who were instructed to write down three good things that happened to them each day were significantly happier than those who were not given this instruction. The Pollyanna Principle can be applied to any situation. When you are feeling down, try to focus on the good things in your life. Even if you can only find one good thing, it will help to improve your mood.



Rejoice in Your Tinnitus: (Pollyanna Tells Aunt Polly Why That "Darn Ringing" in Her Ears Should Make Her Glad)

★★★★★ 5 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 14 pages
Lending	: Enabled



Here are some tips for applying the Pollyanna Principle to your own life:

- Write down three good things that happened to you each day.
- Share your good news with others.
- Be grateful for the good things in your life.
- Look for the silver lining in every situation.
- Don't dwell on the negative.

If you practice the Pollyanna Principle, you will find that you are a happier and more positive person.

In addition to the Pollyanna Principle, there are other things that you can do to improve your mood. These include:

- Exercise regularly.

- Eat a healthy diet.
- Get enough sleep.
- Spend time with loved ones.
- Do something you enjoy every day.

By following these tips, you can improve your mood and live a happier and more fulfilling life.

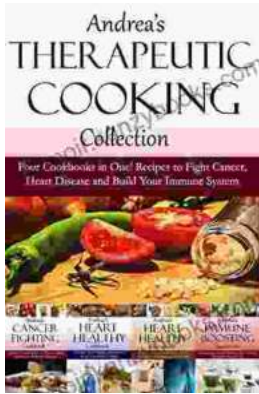


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