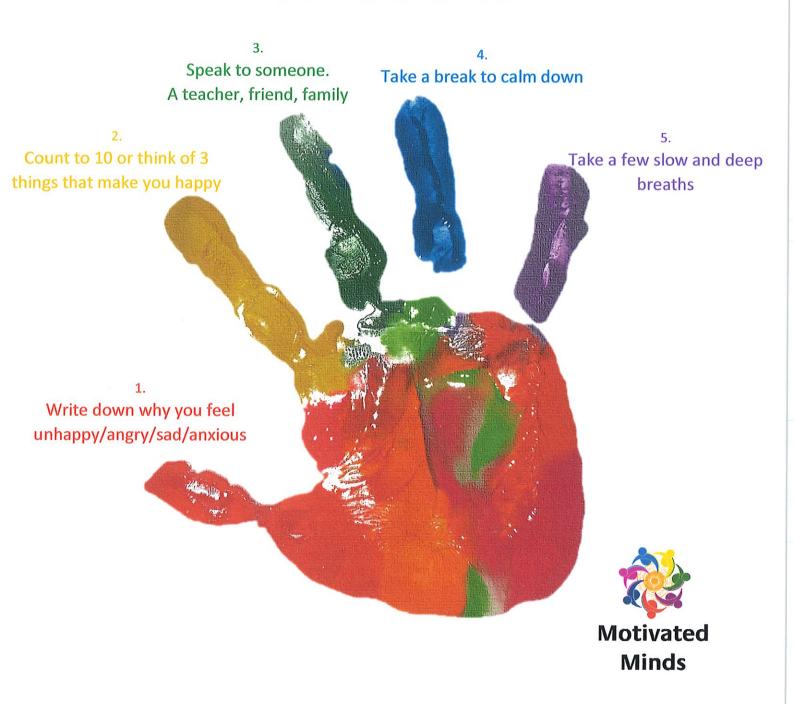
## Dealing with negative emotions



**BE** positive, **BE** confident and see the world in a different LIGHT