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Express Yourself!
Sunday at 3 PM Pacific
August 20th 2013: Positivity

Are you an optimist or pessimist? Do you find yourself being up or down? Positivity is a choice. We have the power to be happy or the power to make ourselves sad. Positive people lead happier lives and research indicates they live longer as well. In Express Yourself!™ today, hosts Rachel Glass and Hannah Li focus on the ability to bring more positivity into our daily routine. Rachel talks about the importance of looking at our glass as half full as opposed to half empty. Hannah dresses in bright colors and expresses the idea that wardrobe is important to creating an optimistic mood. What's Pop

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