

Smile at a Stranger

Smiling has well-documented social benefits. A genuine smile can make you seem more likable, attractive, intelligent and even trustworthy. Plus it's a GREAT way to break the ice and make NEW FRIENDS!



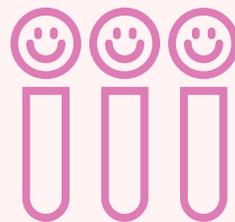
We should all smile more often, in general. Just the simple act of smiling or laughing can make you happier.



But even better: **smile at a stranger.** Too often we brush past strangers without a glance, or a straight or scowling face. At best, we might give people a tolerant little smile, to show that we are not mean. Usually most of us try to avoid any eye contact at all.



End result?
A happier world.
So simple!



Try this instead: look strangers in the eye, and give them a genuine smile. In most cases, you'll get a smile in return. **The more you smile, the more smiles you'll see in return.**

