

Expert Relationship Advice: Four Ways a Positive Attitude is Good For You

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By [Amy Osmond Cook, Ph.D.](#)

It seems Hollywood celebrities are famous not only for their creative work, but also for their personal lives. Everybody has a story about their road to success, but amid the sparkle of superstardom and robust social media platforms, there are a handful of celebrities like [Emily Blunt](#), [Jim Carrey](#), [J.K. Rowling](#), and [Shania Twain](#), who persevered despite personal obstacles and adopted a profoundly positive attitude.

Now, studies show that not only is a positive attitude good for your career and relationships, but it is also good for your health. Here are four reasons from [relationship expert](#) Dr. Amy Osmond Cook on why looking at the bright side of life is good for you.

Expert Relationship Advice on

Cultivating Happiness