

## The Best and Worst of Us

These are crazy and confusing times, no doubt.

Through it all, we are being overwhelmed with a barrage of negative input from traditional and social media as fear tends to sell more so than hope.

But the more we fear our world is unsafe, and anticipate the worst, the more we may subconsciously only look out for ourselves.

Unfortunately, selfishness can beget more fear, and vice versa, creating a negative feedback loop.

The alternative is hope.

We can choose hope over fear, the best of us over the worst of us.

And hope leads to happiness and gratitude,

which in turn encourages people to do for others, which always leads to happiness

- a positive feedback loop to counter the scary world we live in.

As with all worthy endeavors, it is easier said than done,

but you must make a choice;

if you do not, and allow the negative feedback loop to continue, then you still have made a choice.

My apologies for being so preachy, especially at this time of year, but this is a question we all need to ask ourselves and each other:

Will you choose fear and anger, or hope and happiness?

It's a simple choice that will lead us forward in this world we all share.

Merry Christmas, Happy Hanukkah, and Happy New Year!

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