

## You Can't Afford the Luxury of a Negative Thought

Several years ago I was given a copy of the book, **You Can't Afford the Luxury of a Negative Thought**. I thought it was a clever title. Once I read the book, though, I realized how true it was, literally!

When we allow ourselves to be influenced by negative thinking -- either our own or other people's -- our muscles, as well as our total immune systems, are measurably weakened. This is clearly demonstrated by a simple muscle strength test. In the September 21 edition of The Commercial Appeal's "Parade Magazine," an article features Bill O'Reilly's new book, **Who's Looking Out for You?** Visit [www.parade.com](http://www.parade.com) for an audio clip. Quotes include "Walk briskly away from destructive people" and "Find generous people to hang out with." His favorite quote is also mine, from first U.S. President George Washington: "Associate yourself with men of quality if you esteem your own reputation, for 'tis better to be alone than in bad company."