

A scenic view of a mountain valley, likely Yosemite National Park, featuring a prominent peak on the left and a river winding through the center. The sky is a soft, hazy orange, suggesting sunrise or sunset. The text is overlaid on a dark, semi-transparent background.

Compassion, kindness, joy, laughter, playfulness,  
light-heartedness, wonder and awe don't simply  
feel good – they're also a neurobiological recipe  
for wellbeing and longevity.

Simona Obradovic

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# Looking For Lightheartedness

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