Wired to the Kitchen Sink: Studying

Harriet Hall

Weird claims on food and probiotics.
Further Reading

With all that said:

an interested; you're appreciating the humor in the very human in the process; just remember, you're not laughing at yourself, but at a better you; maybe not yet, but a better you is in the process. You might learn how to laugh at yourself in the future, when you've reached the point of self-acceptance. You might learn how to laugh at yourself, but until then, just appreciate the humor and keep going.

Excerpted from "The Power of Positive Thinking" by Norman Vincent Peale.

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