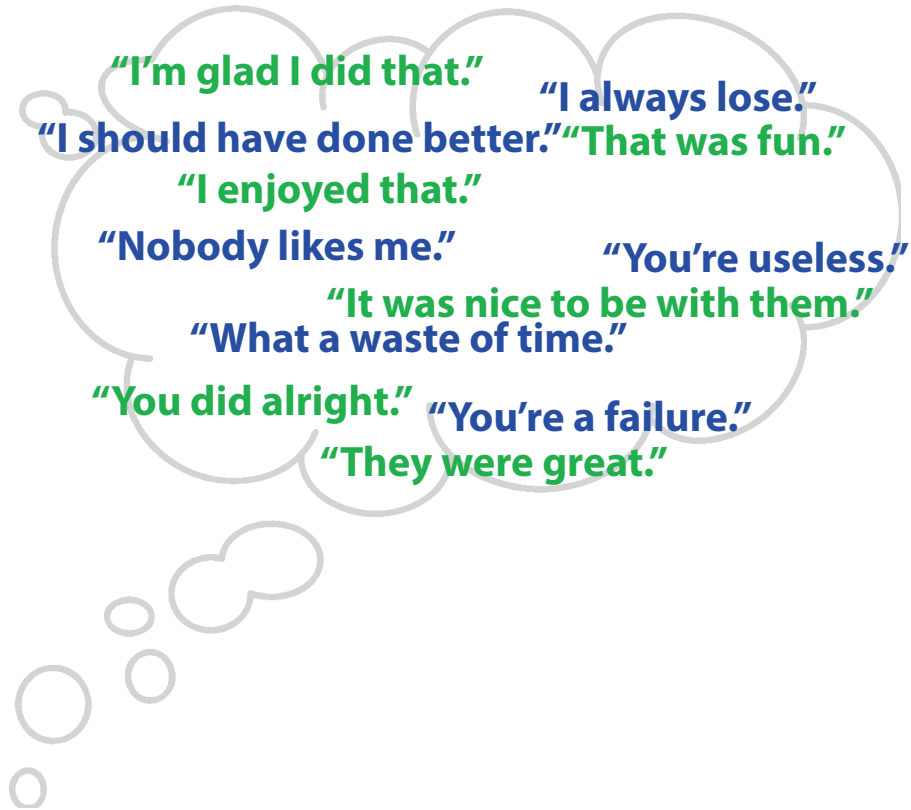


Whether you're happy or depressed, you have a roughly equal number of positive and negative thoughts.



But being depressed is like having negative glasses on - you only pay attention to the negative thoughts.

