

Hope for the best—then make it come true



the mood-boosting trick you can do anywhere

➤ **WHEN YOU'VE GOT THE BLUES**, it's hard to think positively about the future, but researchers at Ohio State University recently found that being hopeful helps fight symptoms of depression and anxiety. "One way to create hope is to make small changes in your life," says Jennifer Cheavens, Ph.D., the study's lead author. "The sense of accomplishment you'll get will boost your mood." Cheavens has identified three steps that can help lift you out of a funk.

Set small goals If you don't like your job, for example, aim to send out five résumés and attend one networking event a week so you don't feel stuck.

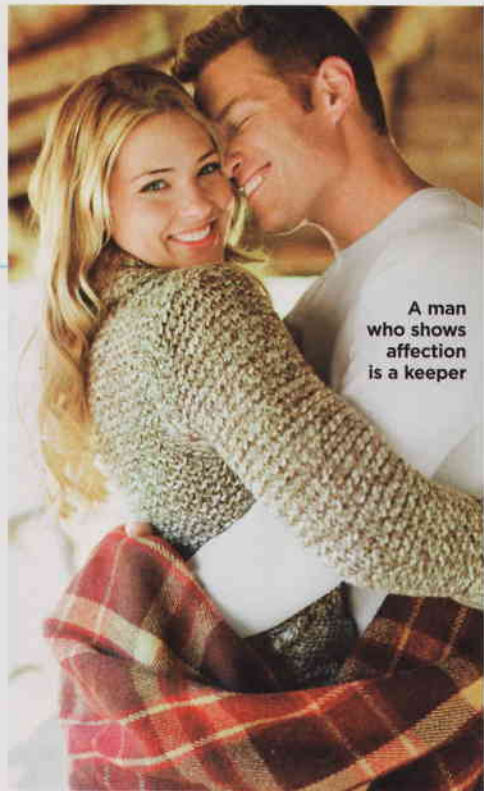
Anticipate obstacles Try to think through what could come between you and what you're after to keep yourself from feeling let down.

Believe in yourself Visualize your dreams; if you can't picture them, you'll never achieve them. —KATE ASHFORD

healthy relationships

HOW TO (FINALLY) MEET A NICE GUY

➤ There's a reason women keep falling for the Mr. Wrongs of the world—despite their bad boy reputations. Men who are self-obsessed, unpredictable, and dishonest have more luck with the ladies than nice guys do, according to a study reported at the Human Behavior and Evolution Society meeting in Japan. "These characteristics make a man appear more confident and therefore more attractive," explains lead study author Peter Jonason. Fortunately, other studies show that as women get older, they learn from their mistakes; they become less interested in bad boys and are drawn to men who make better life partners. Not all confident guys are bad—but if friends keep telling you he's no good, it may be time to call it quits. —JENNA AUTUORI



A man who shows affection is a keeper