

A photograph of a large, dark rock in a river with white, turbulent water rapids. The water is churning and splashing around the rock, creating a sense of movement and energy. The background is a mix of dark and light tones, suggesting a natural, outdoor setting.

**“Happiness is an attitude. We either make ourselves miserable, or
happy and strong. The amount of work is the same.”**

Francesca Reigler

Compliments of www.EFFECTIVE-Positive-Thinking.com