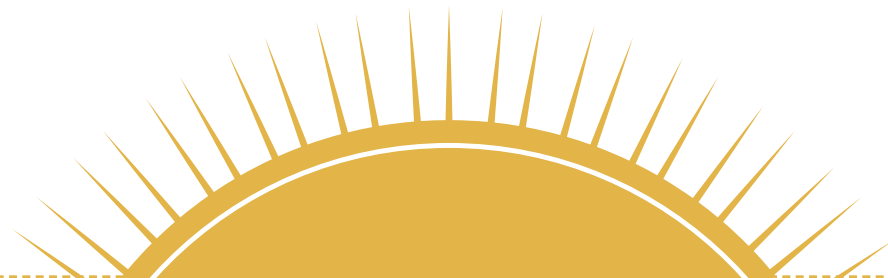


**Even when many
people are negative
and pessimistic, we
can cultivate a
spirit of happiness
and optimism.**



**Rather than dwell
on our problems,
we can let a spirit
of thanksgiving
guide and bless us.**



**The gospel of
Jesus Christ
gives us a reason
for gladness.**



**The gospel is a
message of triumph
to be embraced
with enthusiasm,
affection,
and optimism.**



**With knowledge that
we are all children of
God, we can stand a
little taller, rise a
little higher, and be
a little better.**



