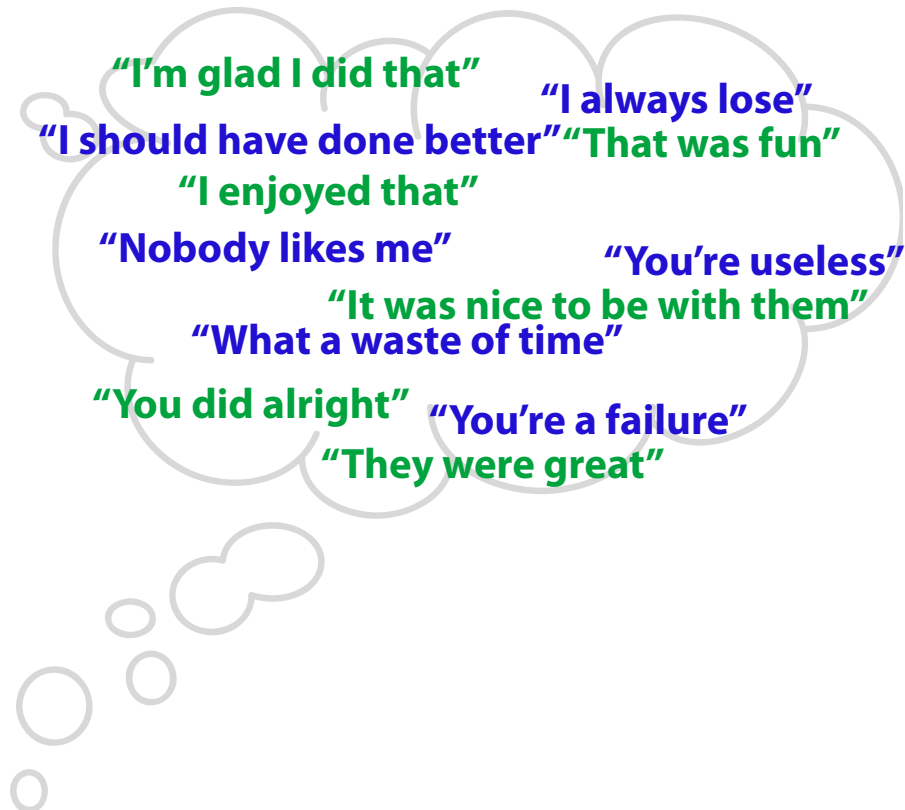


**Whether you're happy or depressed,  
you have a roughly equal number of  
positive and negative thoughts**



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

