

Smiles Through Tears

Are you optimistic by nature? Life certainly brings its challenges. But the people we admire most are those who – despite their problems – can look on the bright side of things. They are not swallowed up by negativism.

Recently, I came across a poem that I like. Its author is unknown, but its message rings true. Here it is:

*It's easy to be pleasant
When life flows like a song.*

*But the person worthwhile
Is the one who will smile
When everything goes dead wrong.*

*For the test of the heart is trouble
And it always comes with years.*

*And the smile that is worth
The praises of earth
Is the smile that shines through tears.*

Well stated. Lucille Ball, the actress of *I Love Lucy* fame, dealt with many setbacks in her personal and professional life. But here is some advice she offered: "One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself."

--Beecher Hunter