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Look on the Bright Side...?

Optimism can seem like a dead end or even a harmful delusion. But it's not about slapping a filter over bleak reality; it's about allowing yourself to see life's full range of colors.

BY [ELAINE SMOOKLER](#) | JUNE 1, 2018



Illustrations by Federica Bordoni

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Elaine Smookler has been a mindful practitioner for over 20 years and is on the faculty at The Centre for Mindfulness Studies in Toronto. She is a Registered Psychotherapist and teaches mindfulness to corporate clients through eMindful. She's also a comedic writer and performer and is the singing host of Mindful Martinis, a cabaret/mindfulness class mash up.

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