

Viewing the Aging Process

*Telomeres at the tips of Genes
are preserved by the positive emotions
of Appreciation, Selflessness, Giving,
Thankfulness, Forgiveness, Caring
and Love*

*Telomeres at tips of Genes
are destroyed by the negative
emotions of Anxiety, Anger,
Worry, Selfishness, Fear,
Bitterness, Frustration,
Unforgiveness and Stress.
Accelerating aging as much as
6 years for every 1 year*