*In my research I have been looking into whether a positive attitude can influence the healing process when a patient experiences a traumatic diagnosis, such as cancer, and whether or not having a positive outlook can shorten the recovery length and affect physical health. My subtopics on this project: How does a positive attitude affect the recovery of cancer patients, what techniques can we teach to promote a positive attitude, how can a positive or negative attitude affect physical health, and can a change in outlook strengthen the immune system and/or the mind. Any information that you can give me about these ideas along with the questions I have asked below would help me greatly and would be appreciate of.*

1. In your journal you talk about psychological resilience and its impact on being able to bounce back or cope with stressful situations such as traumatic health issues. Are people born with this flexibility or are there ways that we can teach techniques in order to build someone’s psychological resilience?
2. It is brought to my attention that negative or positive outlooks can influence psychological health; however, is there proven ways in which a positive outlook can influence the body’s healing process or immune system? If so please explain these ways.
3. Many cancer treatment centers around the world center upon the significance of a positive attitude. How far do you believe a positive mental outlook can go to help heal the sick and perhaps even keep serious illness from coming back?
4. After researching the information I have already read, it seems like the broaden-and-build theory can over time become a habitual mindset. Could you explain this theory more to me? If this theory is true, could the broaden-and-build theory strength the brain over time?
5. While it seems like important research to my findings, I have had a hard time understanding the Positive Emotional Granularity. How can this affect individuals coping styles and what exactly is it?

*I appreciate all that you are doing to help me with this project. I am really enjoying learning about this topic and cannot wait to hear from you and broaden my knowledge.*

*Thanks again,*

*Taylor Rehberg*