

# Getting Stuck in the Negatives (and How to Get Unstuck)

Why do bad things seem to stick in our minds so much longer than the good things? Is there anything we can do about it? Dr. Ledgerwood's behavioral science research suggests that negative thoughts are cognitively "stickier" than positive ones— but with some effort, it seems we can retrain our brains to focus on the upsides.

**THURSDAY**  
July

**17**

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**5:30 – 7 p.m.**

Tahoe Center for Environmental  
Sciences, 291 Country Club Dr.,  
Incline Village, Nevada

\$5 suggested donation,  
refreshments and no-host bar  
5 - 5:30 p.m., presentation begins  
at 6 p.m.

<http://tahoe.ucdavis.edu/calendar/>



**SCIENCE TO SAVE THE LAKE**

