

ADVERTISEMENT



THE TIMES OF INDIA

Science

The Times of India

[Home](#) [City](#) [India](#) [World](#) [Business](#) [Tech](#) [Sports](#) [Entertainment](#) [Life & Style](#) [Women](#) [Hot on the Web](#) [NRI](#)
[Photos](#) [Times of India](#)

LIVE TV

[Opinion](#) [Blogs](#) [Auto](#) [Polls](#) [Speak Out](#) **Science** [Environment](#) [Education](#) [Sunday TOI](#) [Headlines](#) [Specials](#) [Crest](#) [2-Minute TOI](#) [ePaper](#) [Archives](#)
You are here: [Home](#) > [Collections](#) > **Future**

Ads by Google

Anger at your past life can make you ill

PTI Mar 29, 2012, 05:25AM IST

Tags: [University of Granada](#) | [past life](#) | [Ill](#) | [dwell](#) | [anger](#)

LONDON: Don't look back in anger at your life - it may take a toll on your health, a new study suggests. Researchers at the University of Granada have carried out the study and found that people who dwell on their past with regret or bitterness are more likely to fall ill.

Those who look back in anger are more sensitive to pain. The study also suggests that focusing too much on the future can stop people enjoying what they have. The healthiest people, according to the researchers, are those who manage to enjoy the present.

Ads by Google

Expat Insurance in Spain

Expats Insurance Specialists! 100k international clients in Spain

www.libertyexpatriates.es

"Shocking" Free Horoscope

Shockingly accurate predictions about love, health & wealth - Free!

www.PremiumAstrology.com

RELATED ARTICLES

[Remembering the past harms health](#)
[September 26, 2011](#)
[Mums exposed to pollutants make larger babies](#)
[November 15, 2011](#)
[Talk aloud to solve mathematical problems quickly](#)
[December 19, 2009](#)

IN-DEPTH COVERAGE

[Future](#)
[Past Life](#)
[Granada](#)

FEATURED ARTICLES



Pedicure at home in 5 easy steps



How to lose weight without dieting



Sexy and lac... lingerie is he...

More:

[A mini-holiday in Hong Kong](#)
[Mystic claims that Mary appeared at Batim apparition](#)
[Sari gets a sexy avatar](#)
[Budget 2012: Income tax exemption to Rs 2 lakh](#)