

happiness FLASH

Sure thing Think women are, um, kinda more tentative speakers than men are? Think again. When discussing a familiar topic, gals talk as confidently as guys do, according to findings from the University of California at Davis. Whatever the subject, skip the maybes to sound more self-assured.

Tension plan Tightwads tend to marry splurgers and vice versa, research from the University of Michigan at Ann Arbor indicates. The trouble is, the more a couple's spending habits diverge, the less satisfied they're likely to be in the marriage. Commit to a budget you're both happy with to head off cash-related conflict. >

Tech wreck People who juggle multiple media tools at a time (texting, tweeting, et al.) have poorer recall than do those who use only one, a study from Stanford University in California finds. Less is more!

Gossip girls After hearing a juicy secret, women say they will probably spill the beans in 47 hours, on average, a survey by Wines of Chile in Santiago reveals. Two thirds of the loose-lipped pollsters felt guilty afterward. Strive to keep mum.

Work perk When you have a great day at the office, don't hide it: Folks who shared happy moments from their 9 to 5 felt less tense and managed domestic obligations better, researchers at Kansas State University in Manhattan say. Crow about a victory, however small, to lift your spirits.

Fuzzy logic Overwhelmed? Your next decision might be a bad one, *Psychological Science* notes. When you're frazzled, you may overlook facts that could predict a negative outcome, such as the downside of calling your ex. Take a breather, then act.

Love match Fighting right can protect your ticker. The stress of marital spats can contribute to cardiovascular disease, but those who argued thoughtfully by considering each other's POV had lowered risk factors for the illness over time, *Health Psychology* shows. Makeup sex can help, too!

