

DETROIT, Dec. 31, 2013 /PRNewswire/ -- FlowerDeliveryExpress.com, a leading online flower delivery company, wants everyone to have a happy and successful new year. To get started in the right direction with the New Year researchers suggest the best way is to begin with a positive attitude.

According to the Mayo Clinic, a positive attitude is linked to a wide range of health benefits including:

- Longer life span
- Less stress
- Lower rates of depression
- Increased physical well-being
- Better psychological health

Having a positive attitude doesn't mean ignoring the negative aspects of life. Instead it is approaching life's challenges with a positive outlook. You attempt to make the most out of whatever bad or negative comes your way. You look at each situation for the potential of some aspect of it to be positive - even if it is only the option of making a different choice.

Stress is a normal part of everyone's life. It is the greatest negative working against a person's ability to maintain a positive attitude. Flowers are a natural way of reducing stress.

Rutgers University behavioral studies have proven that flowers provide a simple way to relieve stress and improve emotional health – that the presence of flowers triggers happy emotions, heightens feelings of life satisfaction and affects social behavior in a positive manner far beyond what is normally believed.

FlowerDeliveryExpress.com has floral arrangements available to accommodate every budget. So begin this year with nature's way of reducing stress and adding beauty to your life or that of

someone else you care about. Happy New Year!

About FlowerDeliveryExpress.com

FlowerDeliveryExpress.com is rated A+ by the Better Business Bureau. The company has also been voted "Best Florist" over a dozen times. [FlowerDeliver](#)

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delivers from their own brick and mortar flower shops with their own delivery fleet, and through FedEx and UPS from coast to coast. Deliveries are also made via a computerized sending network of affiliated shops. They provide delivery throughout most of the United States

,
Canada

, and over eighty countries around the world.

Wesley Berry is the CEO of FlowerDeliveryExpress.com , a multi-million dollar online floral delivery operation. He also owns [We](#)

[sley Berry Flowers](#)

, a
Detroit

-based brick and mortar florist established in 1946.

Shoppers can conveniently make floral purchases by phone at 888.851.2881 and online at www.FlowerDeliveryExpress.com

24 hours a day, 7 days a week.

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