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Robert A. Rudelic

Being curious and wanting to learn more is great for your health and well-being. Curiosity keeps your brain active and alert, which is particularly important as you get older. Studies even show that [curious people are happier](#) and tend to live more interesting lives because they're open to experiencing new activities, places and ideas.

Curiosity is also known to strengthen your relationships. Showing genuine interest in others deepens connection and can [expand empathy](#) when listening to someone with views different from your own.

Perhaps the most compelling benefit is that curiosity helps you [learn new things](#). Studies show that being interested in something new helps you learn it faster and results in greater ability.

This is great news for naturally curious people, but what if you aren't particularly curious? Here are some ways you can develop curiosity:

- Read articles, magazines and books about subjects you're unfamiliar with and wouldn't normally read. See if it sparks a new interest.
- Ask questions. Everyone around you has knowledge of something you don't, and people often enjoy talking about things they're passionate about.
- Stay positive. It's easier to learn something new when you focus on the benefit and see the learning process as a fun, new experience.

Reignite the curiosity you had as a child, and see if you experience greater life satisfaction, improved relationships and a sharper mind. When the time comes for you to learn something new for work or in your personal life, you'll likely have an easier time

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picking it up and enjoying it too.

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