

# EDITOR'S MESSAGE

## Appreciating the Good

Ronald Januchowski, DO, FACFP, Editor, *Osteopathic Family Physician*

As we enter into 2020, I would like to extend a huge “thank you” to the people that make *Osteopathic Family Physician* an incredible resource for our profession. I appreciate ACOFP President DeLuca’s support of the journal as well as all of the support provided by ACOFP’s past presidents. As managing editor, Belinda Bombei has done an incredible job organizing the submissions and coordinating with the authors to create each issue. I appreciate the work of Associate Editor, Paula Gregory, DO in providing input and suggestions to authors as well as her efforts in making each issue special. The time and effort of the members on the Editorial Committee cannot be overlooked. Their energy provided the impetus for the PubMed listing as well as the improvement of the journal as a whole. Special appreciation to all of the authors that provided valuable additions to the medical literature last year. The Osteopathically unique submissions provided the medical field with great information that will help improve patient care.

With these appreciations, I hope to highlight the positive actions that happened in 2019 and set an optimistic view for this year. Positive thoughts create positive emotions. These emotions then should lead to actions affecting not only us personally but those around us. On a selfish note, providing appreciation and thanks to others has been shown to improve brain functioning and overall mood – critically crucial in post-holiday months with a paucity of sunshine.

Have a wonderful start to your 2020, and thanks for reading the *Osteopathic Family Physician*!

