

## 10 Free Positive Email Newsletters To Fill Your Inbox with Joy

<b>Newsletter</b>	<b>Link</b>	<b>Frequency</b>	<b>Tagline</b>
Blue Door Media	<a href="http://www.bluedoormedia.co">www.bluedoormedia.co</a>	Weekday late morning	Positive news to improve your mental diet
The Donut	<a href="http://www.thedonut.co">www.thedonut.co</a>	Weekdays AM	Daily dose of positive
Good Good Good Co	<a href="http://www.goodgoodgood.co">www.goodgoodgood.co</a>	Every Tuesday	Help people feel less overwhelmed
The Good Life	<a href="https://www.huffpost.com/newsletters">https://www.huffpost.com/newsletters</a>	unknown	Essential daily guide to achieving the good life.
Farnam Street	<a href="https://fs.blog/newsletter/">https://fs.blog/newsletter/</a>	Sundays	A wide range of timeless insights every week.
Zen Habits	<a href="https://zenhabits.net/subscribe/">https://zenhabits.net/subscribe/</a>	3 times/ week	It's Time to Change the Status Quo
Esther Perel	<a href="https://howswork.estherperel.com/sign-up">https://howswork.estherperel.com/sign-up</a>	Weekly	Relational Dynamics in the Workplace
Thrive Global Daily	<a href="https://thriveglobal.com/newsletters/">https://thriveglobal.com/newsletters/</a>	3 or 5 days a week	Actionable tips for enhancing your well-being, productivity, and sense of purpose
Arianna Huffington's V	<a href="https://thriveglobal.com/newsletters/">https://thriveglobal.com/newsletters/</a>	Weekly	How we can thrive even in our stressful world
Morning Smile	<a href="https://www.inspiremore.com/morning-smile/">https://www.inspiremore.com/morning-smile/</a>	6 days/week	Start your day with a smile