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A simple smile can trigger the release of neuropeptides that improve your neural communication. It also causes the release of neurotransmitters such as dopamine and serotonin, which can boost your mood. Think of smiling as a natural antidepressant.

[10 Big Benefits of Smiling - Verywell Mind](#) : top-reasons-to-smile-every-day-2223755

[MPAA](#). [Rated R for strong violent content and grisly \(img\), and language](#)

[Smile \(2024\) - IMDb](#) : title : parentalguide : certifies

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The upside-down or inverted exclamation mark (¡), also known as exclamation point in American English, is an exclusive feature of the Spanish language.

In Spanish, this is called *signo de exclamación*, which is pronounced /SEEH-noh deh eks-klah-mah-SYOHN/, and it is a masculine noun phrase.

[What is an upside down exclamation mark called? - Homework.Study](#)