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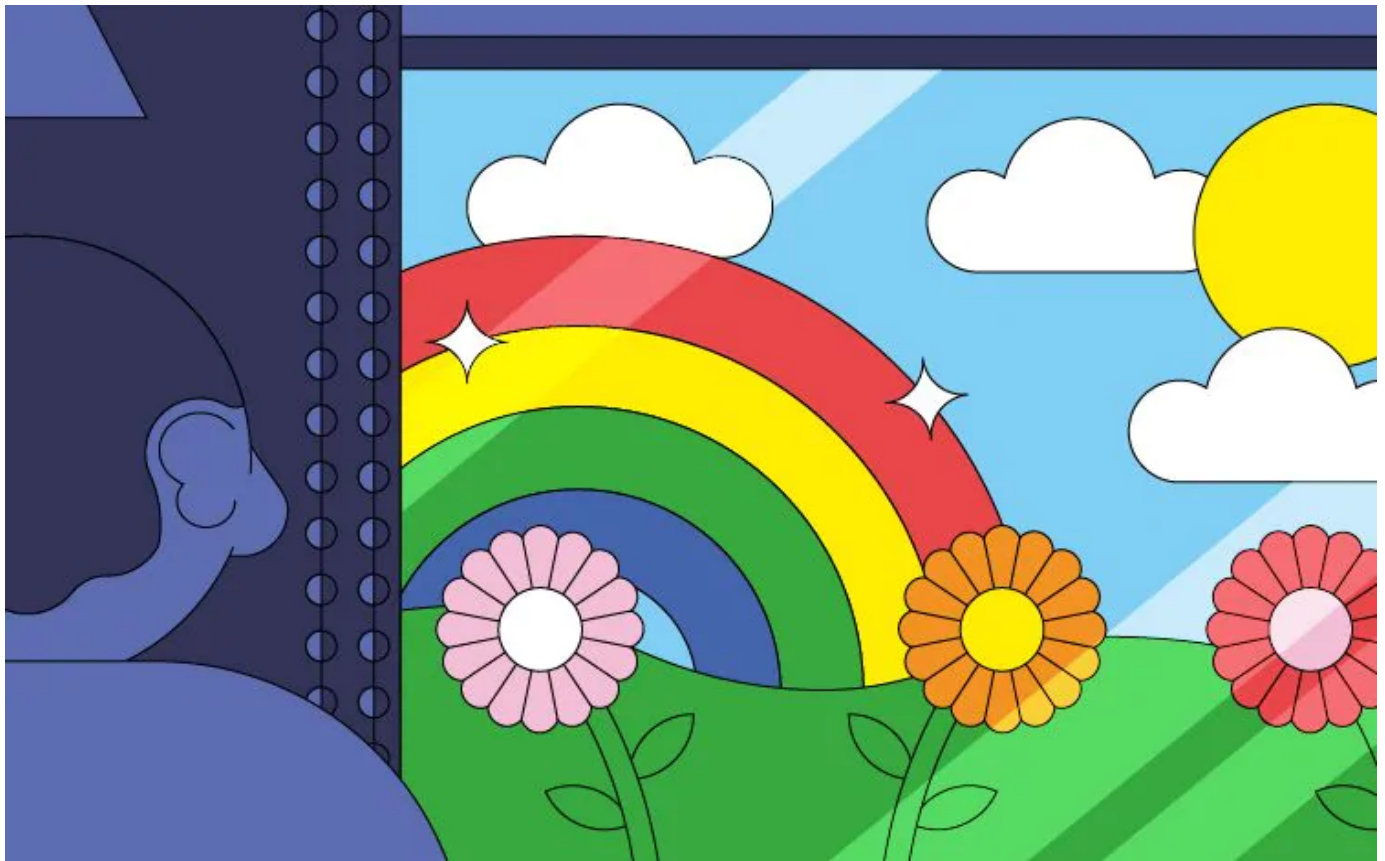
## Why it's still important to feel hope - even when everything seems so hopeless

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Studies have repeatedly shown the power of hope and wishful thinking

It was not the Boat Race, the Grand National or London Marathon, those markers of spring, that I missed. Spring came anyway. The abandonment of the Champions League and Wimbledon, too, seemed unimportant.

Their cancellation came amid the new times. When the lockdown itself was numbing, a distraction in its own excitement and novelty. Any surplus malaise was mopped up by a thimbleful of much-invoked Blitz Spirit. Bidding farewell to the FA Cup was hardly so great a sacrifice.

But then, yesterday, my beloved Tour de France was cancelled and weirdly, I did feel gloomy. I can't say precisely why it should have been the silly old cycling. But I am sure

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