

# Rumor has it: Gossip can actually be good for you

February 04, 2016

*Mashable:*

Let's face it: gossips get a bad rap.

Smugly looking down from a moral high ground — and secure in the knowledge that we don't share their character flaw — we often dismiss those who are obsessed with the doings of others as shallow.

Indeed, in its rawest form, gossip is a strategy used by individuals to further their own reputations and interests at the expense of others. Studies that I have conducted confirm that gossip can be used in cruel ways for selfish purposes.

Read the whole story: [Mashable](#)