

## Opinion | 15 reasons you should be hopeful for 2023



By Washington Post Staff

December 27, 2022 at 6:55 a.m. EST

### Advances in medical treatments

**Gary Abernathy:** Millions of Americans either deal personally with major illnesses or have loved ones waging battles against chronic or life-threatening conditions. In recent years — and especially throughout 2022 — it has been striking how many diseases and conditions scientists find themselves on the verge of conquering. According to reports, science seems on the threshold of unlocking the mysteries that could lead to cures or game-changing treatments for [diabetes](#), [Parkinson's](#), [HIV](#), many [types of cancers](#) and [heart conditions](#), and more. When it comes to modern medicine, there's reason to hope that 2023 will be the Year of Miracles.

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**David Von Drehle:** Screenwriter [William Goldman](#) famously said of Hollywood that “nobody knows anything.” I believe his insight has more general application. Our lives are an education that no one ever completes. And if no one knows, then conventional wisdom is likely to be wrong. That's what makes me so hopeful and so eager for the future: the widespread doom and gloom. What good is pessimism? I used to think hope was a product of external facts, but the school of life has convinced me otherwise. Hope is a choice, strengthened through practice; not a reflection of light, but light itself.

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