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Happiness is a Choice (And a Pretty Smart One) Stop the happiness myths from holding your happiness back. Let these three happiness lessons give you an immediate "how" to happiness.

## Why Dogs Make You Happy | Psychology Today

She is on a mission to make the world a happier place. Her philosophies embrace holistic wellbeing and positive psychology.

## **The (Scientific) Pursuit of Happiness | Science | Smithsonian**

By the conference's end, it was clear even to many of the scientists that Buddhism has much to teach Western science about the capacity to train and regulate the mind. Likewise, Buddhism as a metaphysical premise—a religion, a faith—may also have a thing or two to teach about the ground out of which happiness grows.

### **The path to happiness: it is better to give than receive ...**

The path to happiness: it is better to give than receive. The size of the bonus did not determine how much happiness grew. Instead, the amount spent on others or given to charity was correlated with how much individuals' happiness levels had risen. The team also gave 46 volunteers either \$5 (£2.50) or \$20 to spend.