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Mon, 30 Jul 2018 10:56:00 GMT - How to Be Happy. Happiness is not a simple goal, but is about making progress, when it's as elusive as ever. Being happy often means continually finding satisfaction, contentment, a feeling of joy, and a sense that your life is meaningful...

3 Ways to Be Happy - wikiHow -

Mon, 13 Aug 2018 15:04:00 GMT - In psychology, happiness is a mental or emotional state of well-being which can be defined by positive or pleasant emotions ranging from contentment to intense joy. Happy mental states may reflect judgements by a person about their overall well-being. Since the 1960s, happiness research has been conducted in a wide variety of scientific disciplines, including gerontology, social psychology ...

Happiness - Wikipedia -

Tue, 30 Aug 2011 04:12:00 GMT - The Happy Planet Index measures what matters: sustainable wellbeing for all. It tells us how well nations are doing at achieving long, happy, sustainable lives.

Happy Planet Index -

Fri, 27 Jul 2018 06:42:00 GMT - "Savoring life's joys"