



Happiness is commonly understood to be a fundamental goal in life. In the UK happiness is rated as the most important component of Quality of Life; even more important than money, health, and sex.

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Experiments published in peer review journal have conclusively demonstrated that individuals can be trained to be twenty-five percent happier through various training programs taking from two to ten weeks.

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A good mood has a distinctive smell. Scientists have found that people can judge whether someone is in a positive mood from their body odour alone.

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Older people are more satisfied with their lives than younger people. A survey by Centre for Disease Control and Prevention, found that people aged 20-24 are sad for an average of 3.4 days per month as opposed to just 2.3 days for people aged 65-74

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People who rate in the upper reaches of happiness on psychological tests develop about 50% more antibodies than average in response to flu vaccines.

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Marriage or a long-term partnership can add seven years to a man's life and four to a woman's: more than giving up smoking.

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Women tend to experience their all-time lowest life satisfaction at age 37, whereas men typically experience this at around 42 yrs

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Several studies have shown that a pet can reduce blood pressure and stress, promoting health and happiness.

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Harvard Business School found that spending as little as £3 on others instantly makes you happier. A 2008 study published in The Journal Science found that people were more content if they felt their money was having a positive impact on others, and not just themselves.

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According to a study on child rearing practices conducted at Harvard University, those children who were hugged and cuddled more grew up to be the happiest.

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Emotions last only a few seconds. A bad mood that goes on for days can be the result of the same emotions being triggered over and over. The most likely trigger is our thoughts. So pay attention to what you're thinking.

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The large majority of people who endure a major trauma will return successfully to their pre-trauma emotional state — and many of them will report that they ended up happier than they were before the trauma.

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Couples with children have on average lower happiness and life satisfaction than childless couples.

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Happiness is Contagious. Like a cold, happiness can be caught from the people around you. According to a 2008 study in the British Medical Journal, people who were surrounded by many happy people were more likely to become happy in the future.

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