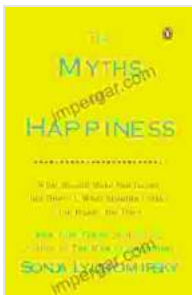


What Should Make You Happy But Doesn't & What Shouldn't Make You Happy But Does

We all want to be happy, but what does it really mean to be happy? Is it simply a feeling of pleasure or satisfaction? Or is there something more to it?



The Myths of Happiness: What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does by Sonja Lyubomirsky

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1492 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 321 pages
Screen Reader	: Supported
X-Ray	: Enabled



In his groundbreaking book, "What Should Make You Happy But Doesn't & What Shouldn't Make You Happy But Does," Dr. Richard Wiseman explores the surprising truth about what really makes us happy and what doesn't. Drawing on cutting-edge research, Dr. Wiseman reveals the hidden factors that can make or break our happiness and offers practical advice for living a more fulfilling life.

The Surprising Truth About Happiness

Dr. Wiseman's research has uncovered some surprising truths about happiness. For example, he found that:

- Money can't buy happiness. In fact, beyond a certain point, more money actually makes us less happy.
- Relationships are essential for happiness. People who have close relationships with family and friends are happier than those who don't.
- Gratitude is a powerful tool for happiness. Taking time to appreciate the good things in our lives can make us happier.
- Optimism is another important factor for happiness. People who are optimistic about the future are happier than those who are pessimistic.

The Hidden Factors That Can Make or Break Our Happiness

In addition to the factors listed above, Dr. Wiseman has also identified a number of hidden factors that can make or break our happiness. These factors include:

- Our genetics. Some people are simply more likely to be happy than others.
- Our personality. People who are extroverted and optimistic are more likely to be happy than those who are introverted and pessimistic.
- Our environment. The people and places around us can have a significant impact on our happiness.
- Our experiences. The things we experience in life can also affect our happiness.

Practical Advice for Living a More Fulfilling Life

If you're looking for ways to live a happier life, Dr. Wiseman offers a number of practical tips. These tips include:

- Spend time with loved ones.
- Practice gratitude.
- Be optimistic about the future.
- Take care of your physical and mental health.
- Find a purpose in life.

Happiness is a complex and multifaceted emotion. There is no one-size-fits-all answer to the question of what makes us happy. However, Dr. Wiseman's research has uncovered some important truths about what really matters for happiness. By following his advice, you can increase your chances of living a happier and more fulfilling life.

Free Download your copy of "What Should Make You Happy But Doesn't & What Shouldn't Make You Happy But Does" today!



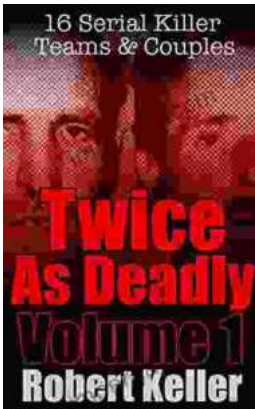
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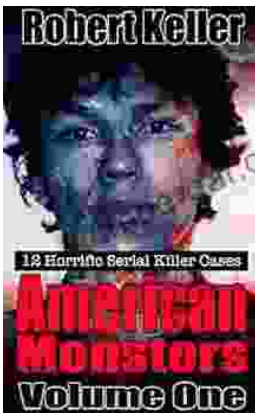
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