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is a different kind of
happiness book, one that
offers a comprehensive
guide to understanding
what happiness is, and
isn't, and what can be

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done to bring us all
closer to the happy life
we envision for
ourselves. Using more
than a dozen uniquely
formulated happiness-
increasing strategies,
The How of Happiness
offers a new and
potentially life-changing
way to understand our
innate potential for joy
and happiness as well as
our ability to sustain it

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New Approach

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~~To Getting The~~
The How of Happiness

~~Life You Want~~
is a comprehensive

guide to understanding

the elements of

happiness based on

years of groundbreaking

scientific research. It is

also a practical,

empowering, and easy-

to-follow workbook,

incorporating happiness

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strategies, excercises in
new ways of thinking,
and quizzes for
understanding our
individuality, all in an
effort to help us realize
our innate potential for
joy and ways to sustain
it in our lives.

~~The How of Happiness:
A New Approach to
Getting the Life ...~~

Basic theory: We have a

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genetic happiness set point that accounts for 50% of our happiness, 10% of our happiness comes from our life's circumstances, like where we live, what car we drive, how much money we make, etc. And the remaining 40% rests in how we choose to be happy everyday (i.e. our daily activities).

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~~The How of Happiness:
A Scientific Approach
to Getting the ...~~

The happiness study is among the first results published from the farthest-reaching original research of how people experience everyday life. The International Situations Project relied on a ...

~~How you measure~~
Page 14/33

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~~happiness depends on
where you live~~

So, the pie-chart theory shows us how happiness really works: Your level of happiness is determined by your genetic set-point (accounting for 50% of the variance in happiness), external circumstances (10%), and intentional activity (40%). Let's unpack

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those variables a bit:

Your genetic set-point (50%). Your genes determine 50% of your happiness.

~~“The How of
Happiness” by Sonja
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Summary ...~~

The how of happiness is a different kind of happiness book, one that offers a comprehensive

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guide to understanding
what happiness is, and
isn't, and what can be
done to bring us all
closer to the happy life
we envision for
ourselves.

~~The how of happiness:
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getting the ...~~

For researchers,
happiness breaks down
into two categories:

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hedonic and
eudaimonic. Hedonic,
explains Brock Bastain,
social psychologist at
the Melbourne School
of Psychological
Sciences in ...

~~Why science says the
pursuit of happiness has
a dark side ...~~

Similarly, people with
high happiness set
points naturally feel

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more satisfied than others and more content – happier – with their lives and the world around them. You can't change your genes. If you are unlucky and have a relatively low happiness set point, you will tend to feel unhappy rather than happy.

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~~Sonja Lyubomirsky—
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Happiness has also been said to relate to life satisfaction, appreciation of life, and moments of pleasure, but overall it has to do with the positive experience of emotions. The key to these...

~~What's Your Definition
of Happiness? |~~

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~~Psychology Today~~

Gratitude is the simple,
scientifically proven
way to increase

happiness and
encourage greater joy,
love, peace, and
optimism into our lives.

Through easy practices,
such as meditating daily
and reflecting on the
good we have received,
we can improve our
health and wellbeing,

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enhance our
relationships, encourage
healthy sleep, feel calm
and more fulfilled, and
heighten feelings of
connectedness.

~~The How of Happiness
by Sonja Lyubomirsky +
Audiobook ...~~

Happiness governs
much of human
behavior. But while it's
a pervasive collective

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value, there's no
universal definition of
happiness shared across
cultures. Happiness
means different things
to ...

~~How you measure
happiness depends on
where you live~~

Sonja Lyubomirsky's
book The How of
Happiness offers readers
more than a dozen

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everyday activities they can practice to become happier in the short and long term. Lyubomirsky compiled the list of activities after conducting and reviewing years of research about what distinguishes happy from unhappy people.

~~12 Steps to Happiness +
Greater Good~~

Page 24/33

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Achieving happiness is a straightforward matter for a wise person. It's an unbearable concept for those people who find mystery in everything they do. In reality, simplicity is always the answer, do things quickly and efficiently to make your life easier and to make yourself happier. Key Lessons from "The How

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of Happiness” A
New Approach
The How of Happiness
PDF Summary — Sonja
Lyubomirsky ...

The premise of The How of Happiness is (1) that happiness is worth striving for, and (2) that 50 percent of a given human's long-term happiness level is genetically determined (based on twin studies),

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10 percent is affected by life circumstances and situation, and a remaining 40 percent of happiness is subject to self control that can make a difference.

~~Sonja Lyubomirsky~~
~~Wikipedia~~

Imagine our happiness like our blood sugar level. Achieving a goal is akin to eating

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something sweet; it causes our levels to spike bringing with it a temporary rush of positive emotion but...

~~How To Set Goals That
Will Increase Your
Happiness~~

The World Happiness Report is an annual publication of the United Nations Sustainable

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Development Solutions
Network. It contains
articles and rankings of
national happiness,
based on respondent
ratings of their own
lives, which the report
also correlates with
various (quality of) life
factors. As of March
2020, Finland was
ranked the happiest
country in the world
three times in a row.

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World Happiness
New Approach
Report – Wikipedia
To Getting The
Investing in Social
Life You Want
Connections 125
Happiness Activity No.
4: Practicing Acts of
Kindness 125 Happiness
Activity No. 5:
Nurturing Social
Relationships 138 6.
Managing Stress,
Hardship, and Trauma
150 Happiness Activity

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No. 6: Developing
Strategies for Coping
151 Happiness Activity
No. 7: Learning to
Forgive 169 7.

~~Table of contents for
The how of happiness~~
In short, because most
people believe that
happiness is meaningful,
desirable, and an
important, worthy goal,
because happiness is

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one of the most salient and significant dimensions of human experience and emotional life, because happiness yields numerous rewards for the individual, and because it makes for a better, healthier, stronger society.

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Life You Want