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Happiness | definition of happiness by

Full Definition of HAPPINESS 1 obsolete : good fortune : prosperity 2 a : a state of well-being and contentment : joy b : a pleasurable or satisfying experience 3

12 steps to happiness | greater good

Sonja Lyubomirsky s book The How of Happiness offers readers more than a dozen everyday activities they can practice to become happier in the short and long term.

About the book | the how of happiness

research psychologist and University of California professor of psychology Sonja Lyubomirsky has of Happiness offers a new and potentially life

Sonja lyubomirsky

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Sonja Lyubomirsky is a professor in the Department of Psychology at the University of California, Riverside and author of The How of Happiness, a book of strategies

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What Is Happiness? Most of us probably don't believe we need a formal definition of happiness; we know it when we feel it, and we often use the term to describe a

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