



# **The Happiness Handbook: 26 Habits of Happy People that Really Work - Based on Breakthroughs in the New Science of Positive Psychology**

*M.J. Young*

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## **The Happiness Handbook: 26 Habits of Happy People that Really Work**

### **Based on Breakthroughs in the New Science of Positive Psychology**

Aristotle said that "Happiness is the meaning and the purpose of life, the whole aim and end of human existence." Why then have so few of us attained happiness? And why is there so much discontent and depression in our society?

According to discoveries in the new science of positive psychology, the reason is that we almost always look for happiness in the **entirely wrong places**.

I wrote *The Happiness Handbook* to reveal practices that truly lead to happiness and to teach the habits of people who have actually found happiness, according to scientific research by positive psychologists.

All practices given in the book have been proven, through psychological studies, to increase happiness. Studies have shown that these practices also

- reduce anxiety and depression
- boost energy
- strengthen physical health
- improve relationships
- make us more creative and capable of succeeding in our undertakings
- and result in other benefits.

Although we've heard of some of these practices before, the contribution of positive psychology is to identify the practices **that actually work**, whether they represent old wisdom or new breakthroughs.

*The Happiness Handbook* is short and to the point. Let it be your little happiness guide that you carry around in your pocket and use to revolutionize the most significant area of your life: your happiness.

### **Also by M.J. Young**

*The Beginner's Guide to Zen: Inner Peace, Mindfulness, and Happiness through Zen Buddhism, Zen Habits, and Zen Meditation* ([bit.ly/ZenBeginnersGuide](http://bit.ly/ZenBeginnersGuide))

*The Habit Handbook: A Mindful Approach to Changing Bad Habits and Creating Good Habits* ([bit.ly/HabitHandbook](http://bit.ly/HabitHandbook))

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tags: happiness, happy, happier, rules of happiness, strategies for happiness, happiness mindset, happy unconditionally, secrets of happiness, how to be happy, how to find happiness, finding happiness, happiness hacks, life hacks, lifehacks, happiness guide, happiness habits, happiness psychology, happiness research, positive psychology, serenity, tranquility, contentment, fulfillment, joy, mindfulness, meditation, minimalism, minimalist, affirmations, depression, anxiety, stress, tension, worry, sadness, happiness code, happiness choice, happiness everyday, happiness harvard, happiness key, happy every day

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