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**secret of happiness instant happiness**
What if, with just a few behavioral adjustments, we could maintain a high level of happiness throughout our days, our years, or even our entire lives? According to Sonja Lyubomirsky, that kind of

**have researchers discovered the secret of happiness?**
Check out these five happiness secrets from around the globe and see which ones you can incorporate into your own life. The word saudade in Brazilian Portuguese is translated into a feeling of longing

**5 happiness secrets from around the world**
As with most things, though, learning from others can be helpful. And in this case, taking stock of worldwide happiness secrets can be a powerful tool for achieving and preserving a happy state of

**6 of the top happiness-boosting secrets from around the world**
There is a Chinese saying that goes: “If you want happiness for an hour Helping others may just be the secret to living a life that is not only happier but also healthier, wealthier

**the secret to happiness is helping others**
As with most things, though, learning from others can be helpful. And in this case, taking stock of worldwide happiness secrets can be a powerful tool for achieving and preserving a happy state of

**the health secrets of the healthiest people on the planet**
For instance, because trust is the top Danish happiness secret, people certainly stand and unlock your rewards instantly. The Beach Is My Happy Place—and Here Are 3 Science-Backed Reasons

**this is one of the top happiness secrets from denmark—one of the happiest countries in the world**
& My Monday Morning column, which chronicles the routines and productivity secrets people use to start their weeks: gratitude. Before author Stephen King gets out of bed in the morning

**is the secret to happiness having a gratitude practice?**
His week inspired his book, Happiness Is a Choice You Make: Lessons From a Year Among the Oldest Old (Sarah Crichton Books, $16), which comes out in paperback in January. In this lightly edited

**secrets of happiness from the oldest of the old**
Having been medically retired from the NRL due to a series of knee injuries, Dresler initially used his contacts with the Eels and NRL to grow the business and use

**angus bell: showing what ability he has in the pursuit of 'pure happiness'**
"May the Year of the Tiger bring the Chinese people endless happiness, peace and prosperity," Latif said The births had been kept secret for some time to deter a huge

**bangladeshi zoo welcomes bengal tiger cubs in year of tiger**
"I like going up to the mountains, and her idea of camping is anything below the 10th floor of the Four Seasons," Harry Hamlin jokes to PEOPLE about his wife of nearly 25 years, Lisa Rinna

**harry hamlin on the secret to 25 years of happiness with lisa rinna: 'we're diametrically opposite!'**
Her secret? Use a spatula! workslikea "Literally, nothing brings me more happiness than doing this," Mansfield explains, turning the peanut butter jar to face

**the tiktoker shares clever hack for getting all the peanut butter out of the jar**
Sharing the secrets of happiness, the Wedding Singer actress, 46, posted a picture of herself, cradling two cute puppies while getting ready on the sets of her show. She captioned the post, "Happiness