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~Daisaku Ikeda. In everything we do, we seek happiness. Or at least what we think will bring happiness. But this goal can often get us into trouble.

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The Powerful (Happiness) Side Effects

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from different cultures, the peace found in nature, moments that we hold close to our heart – like my precious memory of my George, who inspired my curiosity to explore the world.

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In *Discovering Happiness*, Shawn Achor offers 5 simple practices to dramatically raise your happiness levels and deepen your feeling of connection with the world around you. For many of us, we see happiness as a prize we get later in life after we've



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found love and accomplished everything we've set out for, as if at that exact moment, confetti will somehow rain down from the sky and we'll finally be happy.

**5 Happiness Hacks from Shawn Achor in our latest Calm ...**

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Discovering Happiness. Depressed?  
Realizing there's no reason to fight  
anymore? Succumb to the status quo  
or die, that's your options now. I sure  
hope not, but this was me late  
November 2019. After a lifetime of  
fighting I finally gave up. But  
something deep inside of me didn't

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give up, which left me standing there, still alive.

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May 1, 1988 by Dennis Wholey

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conscious choice can be applied where unconscious action previously existed. Just looking at this leads automatically to increasing your level of happiness. You're life is probably a happy one.

**Saltori Happiness Quotient**

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Well at home, the research suggests we can generate happiness by interacting with our communities. But happiness is not entirely down to our communicative abilities. Professor Gehmacher argues that “happiness can and must be learned”, in the same way you can learn to be creative, or



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sporty.

### **Discovering Happiness at Home and Abroad | Brown and Hudson**

Discovering Happiness Later in Life:  
Was It Always There? By Delia Lloyd •  
February 7, 2020 • Mindset. Long ago  
and far away – back when I was still

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an academic – I once took a long drive home from a conference with a colleague. It was a two- or three-hour drive, the kind where you start off talking about work and end up talking about ...

**Discovering Happiness Later in**

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