

The Happiness Project

S Ashworth

Your Happiness Calendar for January 2025 - Greater Good Jan 1, 2025 · About the Author Kira M. Newman Kira M. Newman is the managing editor of Greater Good. Her work has been published in outlets including the Washington Post, Mindful magazine, Social Media Monthly, and Tech.co. She is coauthor of the forthcoming *The Science of Happiness Workbook* (Norton, 2025) and coeditor of *The Gratitude Project*. [Happiness Definition | What Is Happiness - Greater Good](#) Coming up with a formal definition of happiness can be tricky. After all, shouldn't we just know it when we feel it? In fact, we often use the term to describe a range of positive emotions, including amusement, joy, pride, and contentment. But to understand the causes and effects of happiness, researchers first need to define it. For most, ... *Your Happiness Calendar for June 2025 - Greater Good* May 29, 2025 · Happiness isn't just a product of what we do or who we are as individuals; social situations, structural forces, and public policies play a... Just a soft smile and a few minutes of breath can shift your mood, lower stress, and deepen your sense of connection. The Greater Good Science Center studies ... *Happiness | Greater Good* Aug 1, 2025 · Coming up with a formal definition of happiness can be tricky. After all, shouldn't we just know it when we feel it? In fact, we often use the term to describe a range of positive emotions, including amusement, joy, pride, and contentment. But to understand the causes and effects of happiness, researchers first need to define it. For most, the term happiness is interchangeable with ... [Your Happiness Calendar for October 2024 - Greater Good](#) Sep 30, 2024 · This month, calm your busy mind. Kira M. Newman Kira M. Newman is the managing editor of Greater Good. Her work has been published in outlets including the Washington Post, Mindful magazine, Social Media Monthly, and Tech.co. She is coauthor of the forthcoming *The Science of Happiness Workbook* (Norton, 2025) and coeditor of ... [Your Happiness & Forgiveness Calendar for July 2025 - Greater ...](#) Jun 30, 2025 · Our monthly Happiness Calendar is a day-by-day guide to well-being. This month, we're offering a special Happiness & Forgiveness Calendar—and we hope it helps you consider forgiveness. **Happiness Calendar Tags - Greater Good** May 29, 2025 · Happiness Calendar Tags These are the most recent things on the site for the tag: Happiness Calendar. You can view more tags here. **How Does Retirement Affect Our Health and Happiness?** Jul 30, 2025 · A review of research investigated how mental health and physical activity change in retirees around the world. [Your Happiness Calendar for August 2025 - Greater Good](#) Aug 1, 2025 · A new study suggests that when it comes to relationship happiness, your own personality matters more than your partner's. There's a tapping practice shown to ease stress, balance emotions,

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