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## How Harmful is Happiness?

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### Abstract

Originally published in Contemporary Psychology: APA Review of Books, 1995, Vol 40(4), 385-385. Reviews the book "How Harmful is Happiness?" edited by Ruut Veenhoven (covered in its original form in record 1994-97207-000). Contributors investigate the effects of happiness in human life- whether happiness makes one contented, passive, and isolated or whether happiness improves energy, buffers stress, and leads to a longer life. The authors provide analyses of longitudinal data and reviews of research on consequences of happiness. The issues are both individual and global, describing how one lives life and how our ideas of happiness extend into concepts in education, medical ethics, the welfare state, and ascetic and humanistic philosophies. The book presents several attempts to identify empirically the effects of happiness. (PsycINFO Database Record (c) 2006 APA, all rights reserved)

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How to Be Happy Always. It is normal to feel happier at certain times than others, but that doesn't mean that you can't find a consistent pattern of contentment, satisfaction, and gratitude in your life. You must first learn to become... How to Be Happy Always. Co-authored by Klare Heston, LICSW. This article was co-authored by Klare Heston, LICSW. Happiness is not having a lot of privilege or money. It's not constant pleasure. It's a broader thing: Our ability to connect with others, to have meaningful relationships, to have a community. Our online class The Science of Happiness looks at the mental habits that research has identified as being harmful: perfectionism, maximizing—this idea that I have to get everything possible out of a given moment or I'm dissatisfied. And we present practical things people can do that research shows help people feel happy.