# 10 SCIENTIFIC WAYS TO BE

meditate rewrite you



practice smiling



plan a trip, but don't take it

brain

spend time with family and friends



move closer to work



go outside, especially at 13.9 °C





practice gratitude





exercize at least 7 minutes



Funders and Founders

# **How To Be Happy**

**Lauren Gardner** 

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# **How To Be Happy Introduction**

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