

10 SCIENTIFIC WAYS TO BE HAPPY

meditate
rewrite you
brain



practice
smiling



sleep
more



plan
a trip,
but don't take it



practice
gratitude



spend time
with family
and friends



help
others
2 hours a week



move closer
to work



go outside,
especially at 13.9 °C



exercise
at least
7 minutes



How To Be Happy

Yi-Tong Ma



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