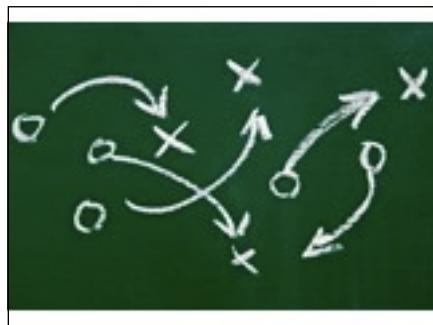


1



2



3



4

social intelligence
gratitude
optimism
curiosity
grit
self-control
zest

5



6



7



8



9



10



11



12



13



14



15



16

happiness → success!

17

happiness is
hugely
functional

18



19



20



1. my all-time favorite happiness habit

21



22

why does
gratitude
work?

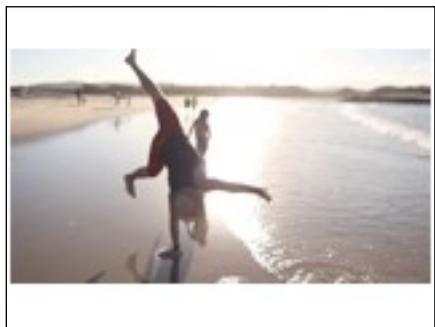
23

The Monkey Business Illusion
Daniel J. Simons

24



25



26

2.
it's not about
getting
what you want

27

why does it
work?

28

how?

29

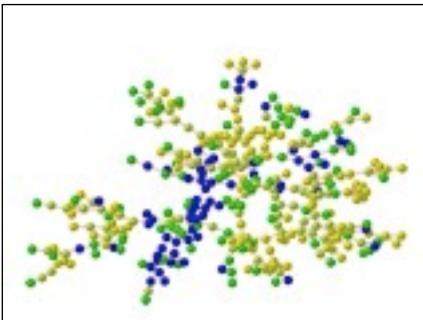


30



3. take care of your
own happiness first

31



32



33



34

GG
SC

Stay in Touch!

christine@raisinghappiness.com

happiness tips weekly email
raisinghappiness.com

the *Greater Good* blog
greatergoodscience.org

www.raisinghappiness.com

The image shows the front cover of the book "raising HAPPINESS" by Christine Carter. The cover features a blue background with a white speech bubble containing a small illustration of a person.

35