



daily GOOD

Indeed, man wishes to be happy even when he so lives as to make happiness impossible. --St. Augustine

Practicing the Science of Happiness

The study of happiness is experiencing a boom. Its practitioners include economists who believe that gross domestic product is too limited a tool to measure the success of societies, psychologists and sociologists who feel that their disciplines have focused too much on neuroses and social problems and not enough on determining what kind of activities and policies actually contribute to happier societies, and political leaders who want to know how to make use of their findings. During the 5th International Gross National Happiness Conference, held last week in Brazil, happiness proponents from around the world were able to come together and compare notes about the practical application of "happiness science."

Be The Change:

Reflect on the ways in which you can deepen the "practice" of happiness in your own life.