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The years teach much which the days never knew. --Ralph Waldo Emerson

More Wrinkles, More Smiles

Happiness increases with age, surveys say! A recent Gallup poll asked 340,000 people across the United States questions ranging from age and gender, health, personal finances, emotions, and general well-being. They found that negative emotions like worry and sadness drop off after age 50, about the same time happiness sets in. Overall, the trends show that young adults start out feeling pretty good, transition into the twists and turns of adult life, and come out happy and satisfied as they grow into old age. So the next time you discover a new wrinkle or grey hair, celebrate! Maybe ignorance isn't so blissful after all.

Be The Change:

Celebrate the aging process: Reflect on the greatest lessons from each decade of your life.