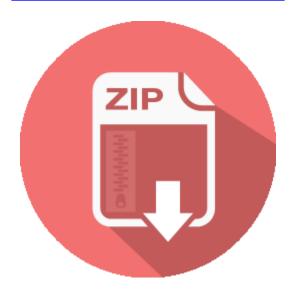
# **THE HOW OF HAPPINESS**



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#### **Happiness Wikipedia**

Happiness is used in the context of mental or emotional states, including positive or pleasant emotions ranging from contentment to intense joy. It is also used in the context of life satisfaction, subjective well-being, eudaimonia, flourishing and well-being. Since the 1960s, happiness research has been conducted in a wide variety of scientific disciplines, including gerontology, social psychology, clinical and medical research and happiness economics.

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SONJA LYUBOMIRSKY \*\*\*not taking PhD students for Fall 2019\*\*\* Professor and Vice Chair, University of California, Riverside. Ph.D. Stanford University, 1994 (951) 827-5041 (msg only) sonja.lyubomirsky[at]ucr.edu. Google Scholar Page Lyubomirsky CV. The majority of my research career has been devoted to studying human happiness.

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