

# Public note

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We've been taught that if we work hard, we will be successful, and then we'll be happy. If we can just find that great job, get a raise, lose those five pounds, happiness will follow. But recent discoveries in the field of positive psychology have shown that this formula is actually backward: happiness fuels success, not the other way around.

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Found on The Happiness Advantage – Shawn Achor on 2022-03-15 17:46:45.

Tags: #happiness #book #performance #team #employee #management  
#people