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you. Here are 50 ways you can spread happiness. If you have more ideas I want to hear them in the comments!

50 Ways To Spread Happiness.

1. Wave and say hi to your neighbors
2. Dance in public
3. Bake something delicious as a gift
- 4.

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Your Pocketful of 'Inspiration': 100 Ways to Happiness [Mr Richard Abrahams, Miss Sarah Tottle]

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makes positive psychology, the newest branch of psychology, available to the general public through bite-sized chunks of inspiration and instruction. 100 chapters guide the everyman through strategies incorporating their body, mind, relationships, habits and outlook to maximise well-being and happiness.

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It also found that happiness is maximized at 57 degrees (13.9°C), so keep an eye on the weather forecast before heading outside for your 20 minutes of fresh air.

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