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grain carbohydrates,
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and fresh fruit and
vegetables. The reward
for my abstinence, I
resolved, would be a
two-day junk-food
binge.

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People who have close
relationships with
others tend to be

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happier. One study by
found that the number
of happy people in
one's life could
increase happiness in a
person in a predictable
manner. Each happy
person in a person's life
increased their chances
of being happy by 9
percent [source:
Christakis and Fowler
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wise to take his advice."
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and On Becoming an
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that is imbedded in scientific knowledge about how to increase happiness.

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way to find that happiness is through openness, self-disclosure and intimacy in communication — opening up to one another even about one's most closely guarded secrets.

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"A human being, like a
business, makes profits
and suffers losses. For

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a human being,
however, the ultimate
currency is not money,
nor is it any external
measure, such as fame,
fortune, or power. The
ultimate currency for a
human being is
happiness.

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Fulfillment" by Tal

Ben-Shahar This book was recommended to me by my therapist whom I value, so I had very big expectations about it. The expectations were mostly correct!

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If you want to pass the exam tomorrow you must stay in and study the night before instead of going out with friends. Finally, it is all a matter of "happy today vs happy tomorrow". Tal Ben-Shahar is a professor at Harvard University who wrote the book :
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to experiencing more
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