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Happiness Is A Serious Problem

In 2006, Hongkonger Mahesh Pamnani was running a large and profitable trading business. He should have been happy, but he wasn't. He was overworked, anxious, stressed, out of shape - and then ...

The root of happiness is gratitude, not gratification – be thankful you're alive, and for everything that costs nothing to enjoy, such as nature, says a chief happiness officer
Happiness and well-being columnist Jennifer Moss looks at the recent study from Iceland that says a shortened work week benefited employee well-being and increased productivity.

Why a decrease in work hours can boost both well-being and productivity: Jennifer Moss
Loneliness is a major problem in modern society. In our new book, *Can We Be Happier? Evidence and Ethics*, we describe how new evidence on what causes and fosters happiness can shape ... of people will ...

Can we be happier?

We all know self-care should be a priority. But most of us don't have the time to make it a priority. Here is something that you probably didn't know: The busier you are, the greater self-care you ...

5 Ways to Add Self-Care Into Your Busy Schedule

He was overworked, anxious, stressed, out of shape – and then developed a serious case of sinusitis ... corporate well-being and positive education workshops ; he is the chief happiness officer, and ...

Take it from a chief happiness officer, money won't make you happy
I'm Dacher Keltner, welcome to *The Science of Happiness*. Simple pleasures make life a little ... Some people report flu-like symptoms. It can get really serious. And my habit, I was drinking one ...

Episode 95: How to Enjoy Life More With Michael Pollan

Bel advises a 73-year-old reader who's considering leaving his wife for a 37-year-old

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BEL MOONEY: Am I wrong to leave my wife for a 2-week Thai romance?

Marvel has a winner with Netflix's French action film, full of incredible heroes that you will instantly root for from the start - 'How I Became A Superhero'.

How I Became a Superhero: A Brilliant Take On The Superpower Trope

And according to a preliminary study published in February 2021 from Harvard University's Making Caring Common project, 36% of respondents reported feeling serious loneliness frequently or ...

Op-ed: The loneliness epidemic and where it comes from

The trends tend to be well-intentioned, but they're dangerously limited in their scope. The post Influencers say many body-positive posts have a serious problem appeared first on In The Know.

Influencers say many body-positive posts have a serious problem

found that of the over 100 customers they served per day, approximately 16% brought up personal problems, ranging from moderate to serious. This did not surprise the researchers, given that many ...

Psychology Today

People living alone appear to have mastered domestic bliss - most report high levels of happiness ... someone to count on in times of serious personal problems (83 per cent).

Vast majority of adults living with parent would prefer to live apart - CSO

Such a leader would have to tackle the Cyprus problem, the pandemic and corruption Is there such a thing as a benevolent dictator? For Cypriots, the associations created by the word dictator is ...

Making the case for a benevolent dictator

A record 4 million people quit their jobs in April alone seeking more money, flexibility, and happiness after doing ... past 15 months has magnified the problem. A report by insider risk detection ...

You can't take it with you: Stop data exfiltration now

The Barcelona forward talks about her upbringing, her foundation and the truth behind her transfer from Arsenal to Dalian WFC in China ...

Asiat Oshoala: As much as education is important, sport is also important

Entornointeligente.com / Wang Mingmei, a farmer in Miaowan township in Northwest China's Shaanxi province, gathers shiitake mushrooms at a greenhouse. [Photo by CHEN JIA/CHINA DAILY] Poverty is a ...

Nation gives a big boost to global poverty fight

If you pursue real estate investing, you'll encounter some bad experiences along the way. You'll need to be aware of what you're getting into and what you'll really need f ...

What you need to be a successful real estate investor

The big thing is if people were to take a serious look at procrastination and really determine

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the costs of it... he said, using the story of a boss who delays terminating a problem employe
...

Southern Illinois business leader asks in new book, "Why Wait?"

We refer to each other as "serious academics," who have philosophies of teaching based on theories and research by other serious academics. Some of us get playful in the classroom—but
...

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