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The World Happiness Report is an annual publication of the United Nations Sustainable Development Solutions Network. It contains articles, and rankings of national happiness based on respondent ratings of their own lives, which the report also correlates with various life factors.. As of March 2019, Finland was ranked the happiest country in the world twice in a row.

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The World Happiness Report is a landmark survey of the state of global happiness that ranks 156 countries by how happy their citizens perceive themselves to be. The report is produced by the United Nations Sustainable Development Solutions Network in partnership with the Ernesto Illy Foundation.

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Do you know what makes you happy? Daniel Gilbert would bet that you think you do, but you are most likely wrong. In his witty and engaging new book, Harvard professor Gilbert reveals his take on how our minds work, and how the limitations of our imaginations may be getting in the way of our ability to know what happiness is.

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“People wait all week for Friday, all year for summer, all life for happiness.” In An Introduction to Positive Psychology, Dr. William Compton describes positive psychology as seeking “to make normal life more fulfilling.”It utilizes the scientific method (hypothesis, prediction, study, research, analysis) to understand the positive and emotionally fulfilling aspects of human behavior.

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