Happiness & Health: Yours & Those Around You



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A new survey on aging by the Pew Research Center finds, as expected, that good health contributes to one's contentment, but it also goes on to find the reverse is also true - happiness leads to good health. Findings also lead scientists to suspect that expectations and the ability to adapt to changing life circumstances also influence happiness. Read all about the relation of good health to happiness.

Continue reading? [1]

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