

MAKE US HAPPY

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Happiness Doesn't Make Us Grateful; Gratitude Makes Us Happy

Answers to this question usually have a similar theme; i.e., our happiness depends on external circumstances (Lilienfeld et al.,). That which you have always assumed would make your life much more joyful may not actually improve long-term happiness. Albert Ellis claimed it was.

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"In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy." ~Brother David Steindl-Rast. A few years ago, my.

A new study shows preschool kids who share of their own accord are happy, but not when they are obliged to do so.

Isn't it the best thing that can happen to us? Now, it is time to tell this person about your feelings. A simple "you make me so happy" seems to be.

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