Contents

Acknowledgements	vII
Introduction	1
ntroduction	
PARTI	
1 Is it possible to become happier?	13
2 How happy are you, and why?	27
3 How to find happiness activities that fit your interests, your values and your needs	69
PART II	
4 Practising gratitude and positive thinking	87
5 Investing in social connections	125
6 Managing stress, hardship and trauma	153
7 Living in the present	185
8 Committing to your goals	213
9 Taking care of your body and your soul	237
PART III	
10 The five 'hows' behind sustainable happiness	269
Afterword: The promise of abiding happiness	295
Postscript: If you are depressed	299
Appendix: Additional happiness activities that may fit	321
Notes	325
Index	363