

## How To Boost Your Happiness? #shorts #happinesstips

Funny you knew that if you could get out of your own head and go do something of service like charity work or go do something for somebody else that with no expectation that they're going to return the favor you then get this huge serotonin rush you know as well as that person that you're doing that incredible act For What do you think Are you are you on the same sort of pathway as that Absolutely I mean you know it's interesting Um so of course you know success doesn't lead to happiness in the ways we think it will Um and happiness does actually lead to success in lots of ways including um relationships and love And so to your 0.1 of the things that the research has shared is that you know um happy people are better lovers right We mean that sort of both figuratively and literally meaning that when you get happy you tend to give uh and donate more time money energy to social causes to individuals in need And you do so without a sort of expectation of reciprocity without an expectation of reward with no strings attached right But also the more you do that the happier you get So it's this virtuous sort of upward cycle You know the happier you are the more loving and giving you are the more loving and giving you are the happier you are