

The Key To Happiness #shorts #happiness #happinesstips

What do you think is a better mindset to have when it comes to relationships and the happiness we're looking for So the one thing that we've discovered through lots of science and research is that happiness leads to all these other forms of success including relational relational success So success in all your relationships and what they found was happy people get married earlier they stay married longer and they're happy in their relationships with they're married or not Also happy people are rated as more attractive than unhappy people So if you remember those two things it helps you to remember and realize that if you could just find a way to get happy which is often really about learning to love yourself in spite of not having a partner a boyfriend or girlfriend or whoever if you can do that very thing you increase your attractiveness to whoever it is that you want to attract And you also increase the likelihood of finding success in your relationships and in in that way like attracting like right that's exactly the brighter our happiness light is the more happy people will be welcomed into our life Absolutely And we talk about unhappiness is unattractive Well and part of that is because we're gonna start attracting the wrong people that compound That that's right