



How To Be Happy Always: A Guideline To The Happiness That You Seek

James Goldberg

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Happiness is something that we all strive for, yet many of us find it challenging to grasp and even harder to maintain. Especially during these difficult economic times, happiness can feel like it is hiding just behind next week's paycheck, a new job, or a distant raise. However, as Dr. Robert Putnam of Harvard University recently pointed out, "money alone can buy you happiness, but not much." It appears that happiness has less to do with money than we might imagine, and more to do with the people around us, how we live our lives, the way we spend our time, and how we perceive ourselves and understand our life experiences. Based on the latest research in psychology and my experience as both a psychologist trying to understand happiness, and as a human being searching for my own happiness here are the guidelines that don't have to do with money.

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