



What is The Science of Happiness?

The science of happiness, often referred to as positive psychology, is a multidisciplinary field that studies the factors contributing to human well-being and contentment.



WHAT IS THE SCIENCE OF HAPPINESS: SIMPLE PRACTICES FOR A MORE JOYFUL LIFE?

The Science of Happiness: Simple Practices for a More Joyful Life" is a concept that integrates insights from positive psychology, neuroscience, and various branches of science to understand what contributes to human happiness and well-being.

It explores practical strategies and exercises that individuals can incorporate into their lives to cultivate a greater sense of happiness and fulfillment.