

The Science of Happiness

Lyubomirsky talk - excerpts:

https://www.youtube.com/watch?v=1axS_o4TBv0&index=16&list=PL1t8gs-WJprCbKWJvFRdg0wIiHIj6P-d

<https://www.youtube.com/watch?v=IcUtVAeZwYo&list=PL1t8gs-WJprCbKWJvFRdg0wIiHIj6P-d&index=17>

<https://www.youtube.com/watch?v=URP3-V1sY4&index=18&list=PL1t8gs-WJprCbKWJvFRdg0wIiHIj6P-d>

Specific Benefits to Happiness

<https://www.youtube.com/watch?v=uxypPaUu8ng&list=PL1t8gs-WJprCbKWJvFRdg0wIiHIj6P-d&index=9>

How Science Defines and Measures Happiness:

<https://www.youtube.com/watch?v=xKf-jq5zcdM&list=PL1t8gs-WJprCbKWJvFRdg0wIiHIj6P-d&index=8>