

Download The Happiness Handbook How To Create A Good Life For Yourself

Don't put the key to happiness in someone else's pocket. ~Author Unknown Even if happiness forgets you a little bit, never completely forget about it. ~Jacques Prévert Welcome to the Authentic Happiness Website! Here you can learn about Positive Psychology through readings, videos, research, surveys, opportunities and more. There's an unfortunate reason why happiness is often elusive -- our brains simply aren't wired that way. Instead, our brains have evolved to survive, to protect ourselves, to keep us safe ... Action for Happiness helps people take action for a happier and more caring world. Our patron is The Dalai Lama and our members take action to increase wellbeing in their homes, workplaces, schools and local communities.