

10 Simple Things You Can Do Today That Will Make You Happier, Backed By Science

We are all in search of happiness it seems. For me I prefer to look at it as the search for peace and joy in life as I find happiness can be too conditional and anytime we have to look for or chase something we are looking outside of us. Surely some of this is just semantics but for lack of a better word, happiness in my view is a state of being that comes from within and isn't fickle.