

Happiness Formula

- $H = S + C + I$

- H = Happiness

- S = Set range i.e. genes

- C = Circumstances

- I or V = Intention or voluntary variables

Martin Seligman came up with the equation above

Sonya Lyubomirsky and her colleagues identified the percentages that were applied to each factor

Formula For Happiness

Joacim Rocklöv



Formula For Happiness:

The Enigmatic Realm of **Formula For Happiness**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Formula For Happiness** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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