

# *The How of Happiness:* *Experimentally boosting well-being via* *kindness, gratitude, and optimism*

Sonja Lyubomirsky, Ph.D.

University of California, Riverside

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Wednesday,  
March 2, 2016  
4:00 – 5:30pm

Rosenfeld Hall  
109-111 Grove St

A reception and Q&A session will follow  
in the first floor lounge in Kirtland Hall  
(2 Hillhouse Ave).

Happiness not only feels good; it is good. Happy people have more stable marriages, superior health, and higher incomes. Fortunately, experiments have shown that people can intentionally increase their happiness. Sonja Lyubomirsky, Ph.D., will introduce the positive activity model, which explains when and why such practices as gratitude or kindness work “best.” In sum, this presentation will present new research on how small and simple activities can transform people into happier and more flourishing individuals.

Dr. Lyubomirsky is Professor of Psychology at UC Riverside. Her research has been honored with a Templeton Positive Psychology Prize and grants from the Science of Generosity Initiative, Character Lab, the John Templeton Foundation (twice), and NIMH. She is author of the best-selling books *The How of Happiness* (2008) and *Myths of Happiness* (2013).