

The Secrets of Happiness



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Reading

Many people think being a clever, rich and attractive is the best way to find happiness. But according to a recent report in New Scientist magazine, these things aren't as important as we think. A group of scientists reviewed hundreds of research studies from around the world and then made a list of the top ten reasons for happiness – and their list makes a very surprising read.

The Top Ten Reasons for Happiness

Your genes

Some people are simply born happier than others. In a study of 4,000 adult twins, differences in their genes were the main reason for their different levels of happiness.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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