**Sourcing Happiness**

1. The effects of COVID on introverts and extroverts.
2. Helping others as a source of happiness.
3. How sports and outdoor activities fight depression.
4. Companies step up to offer freebies during quarantine.
5. Advertisement as a guide to happiness.
6. Eating your way to happiness.
7. Too addicted to happiness.
8. Is depression the opposite of happiness?
9. Experiencing happiness: men versus women.
10. Which personality type is the happiest?
11. The key to teen happiness.
12. Can parents crack the code of teen happiness?
13. Volunteerism is selfish – it makes me happy!
14. Can my parents buy me happiness?
15. Giving up on familiar in pursuit of happiness.
16. What is the geographical location of happiness?
17. From Baby Boomers to Generation Z: are we happier than our parents?
18. I love my fake social media persona. 20 more “likes” on my way to total happiness.
19. All I need for Christmas is 1 million followers. I am not lonely – I have 100000 followers on Instagram.
20. Ways to trick your hormones into thinking you’re 100% happy. Activate hormones that make you happy.
21. Fighting for happiness by any means possible. How do antidepressants work?
22. The hidden agenda of pharmaceutical industry.
23. Holistic approach to happiness.
24. “Life, liberty and pursuit of happiness” - why is happiness part of the US Bill of Rights?
25. Making a plan: I must have a clear path to the future in order to be happy.

<https://medium.com/future-today/what-will-the-world-look-like-in-2050-8c5a111781d5>

1. “Find a Job You Love and You’ll Never Have to Work Again”

<https://www.trade-schools.net/articles/best-careers-for-the-future>

1. Technology / gadgets don’t make you happy, but they sure can make your sad times more bearable.

https://www.inc.com/jessica-stillman/7-crazy-gadgets-your-home-will-have-by-2050.html

Useful links:

[https://www.google.com/amp/s/www.independent.co.uk/life-style/health-and-families/features/does-happiness-formula-really-add-2004279.html%3famp](https://www.google.com/amp/s/www.independent.co.uk/life-style/health-and-families/features/does-happiness-formula-really-add-2004279.html%3Famp)

<https://www.wsj.com/articles/SB113470688250824432>

<https://www.wsj.com/articles/SB109330697127399209>