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subjective well being happiness can be happiness is a positive and pleasant emotion ranging from contentment to intense joy moments of happiness may be triggered by positive life experiences or thoughts but sometimes it may arise from no obvious cause this entry focuses on the psychological sense of happiness for the well being notion see the entry on well being the main accounts of happiness in this sense are hedonism the life satisfaction theory and the emotional state theory social scientist arthur c brooks who teaches a happiness course at harvard university has been searching for the answers about what it means to be happy for decades and he s arrived at some 1 a a state of well being and contentment joy b a pleasurable or satisfying experience i wish you every happiness in life i had the happiness of seeing you w s gilbert 2 felicity aptness a striking happiness of expression 3 obsolete good fortune prosperity all happiness bechance to thee william shakespeare synonyms using more than a dozen uniquely formulated happiness increasing strategies the how of happiness offers a new and potentially life changing way to understand our innate potential for joy and happiness as well as our ability to sustain it in our lives what is happiness reviewed by psychology today staff happiness is an electrifying and elusive state philosophers theologians psychologists and even economists have long sought to happiness the psychology of happiness is happiness written in our genes or an acquired skill updated august 24 2023 reviewed by devon frye key points happiness has received much noun u us ˈhæp i ns uk ˈhæp i ns add to word list add to word list b1 the feeling of being happy it was only later in life that she found happiness and peace of mind every happiness formal will you join me in wishing the bride and groom every happiness fewer examples i ve always believed that happiness counts more than money

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