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march 18 2022 32 min read chapter contents well being like other complex traits that provide rich diversity to our lives has multiple causes rather than being daunted by the complexity of the genetic and environmental influences we can draw hope from the dynamic nature of these influences

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in general happiness is understood as the positive emotions we have in regards to the pleasurable activities we take part in through our daily lives pleasure comfort gratitude hope and inspiration are examples of positive emotions that increase our happiness and move us to flourish

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happiness is a fundamental human affective trait but its biological basis is not well understood

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