

Engineers focus on improving and optimizing. So maybe it was about time an engineer said something about happiness. And you are going to like it! Happiness is a tool at your service. Learn how it works and put it to work for you, to your best convenience. Find a full spectrum of the questions that most relate to well-being so that you can easily cook your own recipe for happiness and increase your smiling rates and well-being. This book can help you answer the following questions: • What is happiness? • What components can we find in our well-being? • What is the biological function of happiness? • What is the relationship between money and happiness? • How does our professional career relate to happiness? • What do we need to be happy? • How should altruism be understood? • Does it pay to be altruistic? • What are the main characteristics of love? • How do love and happiness relate? • Does love vanish with time? • How can I improve my life? • What do I need to do to be happier? You have got the answers in your hands! Read, improve, optimize, and be happier!

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