

Name \_\_\_\_\_

## The Pursuit of Happiness: What Is Happiness, and How Can I Feel Happier?

### Multiple Choice Answer Key

1. c) Happiness is influenced by a combination of genetic, environmental, and personal factors.
2. b) Mindfulness reduces stress and enhances happiness.
3. b) Spending time with friends and loved ones can significantly contribute to happiness.
4. b) Pursuing goals provides a sense of purpose and accomplishment, increasing happiness.
5. c) Embracing a range of emotions, including sadness and frustration, can lead to a more balanced form of happiness.

