

Download Happiness Is A Choice You Make Lessons From A Year Among The Oldest Old

Nobel laureate and founder of behavioral economics Daniel Kahneman performed a TED Talk this year about how as humans our “experiencing selves” and our “remembering selves” perceive happiness differently. Basically, he says that our memories of experiences differ from what really happened during the experience itself. [15 Things You Should Give Up To Be Happy](#). Here is a list of 15 things which, if you give up on them, will make your life a lot easier and much, much happier. We hold on to so many things that cause us a great deal of pain, stress and suffering - and instead of letting them all go, instead of allowing ourselves to be stress free and happy - we cling on to them. [Yahoo Lifestyle](#) is your source for style, beauty, and wellness, including health, inspiring stories, and the latest fashion trends. [Sardinia, Italy \(particularly Ogliastra, Barbagia of Ollolai, and Barbagia of Seulo\)](#): One team of demographers found a hot spot of longevity in mountain villages where a substantial proportion of men reach 100. In particular, a village called Seulo, located in the Barbagia of Seulo, holds the record of 20 centenarians from 1996 to 2016, that confirms it is "the place where people live the ...