

5 Ways to Maintain Your Vacation Happiness

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U.S. News & World Report:

After returning from a great trip – be it a quick coastal getaway or a more far-flung retreat – it's easy to reminisce about our most remarkable travel moments. Whether you're daydreaming about the fun you had sinking your toes in the sand, gliding down a snow-covered mountain or stumbling upon a beloved local bistro or treasured cultural site, positive memories tend to leave a lingering impression long after your journey. But while all breaks must come to an end, the blissful feelings triggered don't have to disappear as soon as you revert to your normal routine.

If you want to extend your post-vacation satisfaction, read on for smart, psychologist-approved techniques for getting the most out of your trip and boosting your pleasure before, during and after your next getaway.

Read the whole story: [U.S. News & World Report](#)