

A Happy Spouse May Be Good for Your Health

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The New York Times:

A happy spouse may be good for your health.

Previous studies have found that mental well-being — feeling happy and satisfied — is closely linked to good physical health.

But a new study, published in *Health Psychology*, suggests that physical health may also be linked to the happiness of one's husband or wife.

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The lead author, William J. Chopik, an assistant professor of psychology at Michigan State University, said that a happy spouse provided social support and encouraged you to eat a healthful diet and to get exercise, all of which can contribute to good health.

Read the whole story: [*The New York Times*](#)