

A psychologist reveals 'the single biggest predictor of human happiness'

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Business Insider:

When psychologist Arthur Aron was a graduate student in the 1960s, he was looking around for something to study for his dissertation. But he didn't want just any topic. He wanted to find one "that people thought couldn't be studied scientifically and then prove that it could be," he said.

And then he fell in love — and that was all he could think about.

It was hard, at first, for researchers to take Aron's study of love and romantic relationships seriously. "Early on," Aron told us, "it was a topic on the margins." But it quickly became clear that it deserved a closer, more scholarly look.

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