

Is Happiness Overrated?

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The Wall Street Journal:

The relentless pursuit of happiness may be doing us more harm than good.

Some researchers say happiness as people usually think of it—the experience of pleasure or positive feelings—is far less important to physical health than the type of well-being that comes from engaging in meaningful activity. Researchers refer to this latter state as “eudaimonic well-being.”

Happiness research, a field known as “positive psychology,” is exploding. Some of the newest evidence suggests that people who focus on living with a sense of purpose as they age are more likely to remain cognitively intact, have better mental health and even live longer than people who focus on achieving feelings of happiness.

Read the whole story: [*The Wall Street Journal*](#)