

# **New study sheds light on ‘dark side of happiness’**

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## ***The Boston Globe:***

The “pursuit of happiness” has been something Americans have valued ever since the Founding Fathers inserted it into the Declaration of Independence. Yet some psychologists now question whether happiness is, indeed, a worthwhile goal, since new findings suggest the pursuit could actually make us more unhappy.

In a review paper published last week in the journal *Perspectives on Psychological Science*, researchers define what they call the “dark side of happiness”: feeling happy all the time can destroy relationships and careers, while avidly pursuing happiness is bound to lead to disappointment.

Read the whole story: [\*The Boston Globe\*](#)