

Pursuing happiness can make you feel worse

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They say that happiness shouldn't be thought of as a universally good thing, and outline four ways in which this is the case. Indeed, not all types and degrees of happiness are equally good, and even pursuing happiness can make people feel worse.

People who want to feel happier can choose from a multitude of books that tell them how to do it. But setting a goal of happiness can backfire, said June Gruber of Yale University, who co-wrote the article with Iris Mauss of the University of Denver and Maya Tamir of the Hebrew University of Jerusalem. It's one of the many downsides of happiness – people who strive for happiness may end up worse off than when they started.

Read the whole story: [*Times of India*](#)