

# Should we stop pursuing happiness?

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## ***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 this 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.

While some of us may envy those manic folks at the extreme end of the cheerful spectrum, they often have the same level of dysfunction as a person who’s too sad, some recent studies suggest. They may completely tune out sad events around them like, say, their spouse being laid off or a parent dying.

Read more: [\*Boston Globe\*](#)