

Smile like your happiness depends on it

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The Boston Globe:

Smile, you're on Candid Camera! That seems to be the lesson of a new study by psychologists at the University of Virginia. They found that both male and female freshmen who smiled more intensely in their Facebook profile photos were not only more satisfied with their lives as freshmen, but also more satisfied with their lives several years later as seniors, even controlling for freshman-year life satisfaction and extroversion. The connection between smiling and subsequent life satisfaction appeared to be at least partly explained by the quality of one's social relationships.

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