

The dark side of happiness

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Irish Medical Times:

I knew it all along. Happiness kills. A study of traits in children which may lead to longer or shorter lives is quite conclusive in its findings: happy, cheerful youngsters are doomed to an early grave (see article in latest *Perspectives on Psychological Science*, May 18, 2011, vol. 6 no. 3 222-233 (doi: 10.1177/1745691611406927)).

The results are surprising — to some people at least. Not to me and other lifelong dysfunctionals. Remarks in a school report which state that the brat in question is ‘very cheery’ or ‘very cheerful’ or ‘happy’ are the kiss of death.

Read more at : [*Irish Medical Times*](#)