

The Science of Happiness Sounds Great. But Is the Research Solid?

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In a new review in the journal *Nature Human Behavior*, researchers [Elizabeth Dunn](#) and [Dunigan Folk](#) found that many common strategies for increasing our happiness may not be supported by strong evidence. In fact, almost 95% of experiments on three common strategies—spending time in nature, exercise and engaging in mindfulness/meditation—did not hold up to even the most basic of current best practices for showing psychological effects.

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