

# What's Behind the Phenomenon of Aging and Happiness?

January 18, 2012

## ***International Business Times:***

Older people are generally happier, and some researchers believe it is because they tend to focus and remember more positive events while leaving behind negative ones, according to a study.

These cognitive processes help older people control their emotions and let them see life more enthusiastically and in a sunnier light, researchers said.

There is a lot of good theory about this age difference in happiness,” said psychologist Derek Isaacowitz of Northeastern University, “but much of the research does not provide direct evidence” of the relationships between the phenomena and actual happiness.

Read the full story: [International Business Times](#)