

# Money can buy happiness — if you know how to use it

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## *The Washington Post:*

As humans, we are almost always aspiring to land the next promotion or the next big raise, or to strike it rich some other way.

But a new report offers hope for those of us who have yet to win the lottery.

Researchers at the University of Cambridge concluded in a study released this month that money can indeed buy happiness. But the secret, they found, is not how much cash you have. It's what you do with the money you have.

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“People should stop worrying too much about making more and more money and start asking themselves how they can use the money they have in a way that benefits their happiness,” said Sandra Matz, a PhD candidate in the psychology department of the University of Cambridge and one of the authors.

Read the whole story: [The Washington Post](#)