

# **Lessons From the World's Longest Scientific Study of Happiness | Dr. Robert Waldinger**

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[#549. Lessons From the World's Longest Scientific Study of Happiness | Dr. Robert Waldinger — Ten Percent Happier](#)

Dr. Robert Waldinger talks about his new book *The Good Life: Lessons From the World's Longest Scientific Study of Happiness*, which explores lessons from the...

<https://www.epicureanfriends.com/thread/2872-lessons-from-the-world-s-longest-scientific-study-of-happiness-dr-robert-walding/?postID=22385#post22385>

www.tenpercent.com

10% Happier podcast episode.

Lots about the importance of friends and relationships to one's happiness and well-being plus it's never too late to start which also sounds like Epicurus