

# Causes of Happiness

Post by “Kalosyni” of March 23, 2026 at 7:57 PM

I just found this interesting study:

Quote

Does happiness come from within, or is it shaped by external influences such as our jobs, health, relationships and material circumstances? A new study published in [Nature Human Behaviour](#) shows that happiness can come from either within or from external influences, from both, or neither — and which is true differs across people.

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### [The Secret to Happiness Lies Within You, Or Society — Or Both](#)

What is the secret to happiness? Does happiness come from within, or is it shaped by external influences such as our jobs, health, relationships and material...

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