

“There’s more to life than being happy”

There's More to Life Than Being Happy



In September 2012, Viktor Freivald, a prominent health psychologist and neuroscientist, was invited to give a keynote address at a conference on the science of well-being. He was invited to give the address because he had been named one of the most influential people in the world by Time magazine. He was also named one of the most influential people in the world by Time magazine. He was also named one of the most influential people in the world by Time magazine.

As he saw the scope, those who found meaning in life in the most barren and desolate environments were the most resilient. It was a finding that was both surprising and inspiring. It was a finding that was both surprising and inspiring. It was a finding that was both surprising and inspiring.

This comparison and emphasis which distinguishes each individual and gives meaning to his existence had a bearing on the research as well as on the lives of the people who were the subjects of the study. It was a finding that was both surprising and inspiring. It was a finding that was both surprising and inspiring.



It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

How do the happy life and the meaningful life differ? Happiness, he found, is the feeling good. It is the feeling good.

Nearly a quarter of Americans do not have a strong sense of what makes their lives meaningful. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

"Happy people get a lot of joy from meaningful activities. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

What are the most interesting findings of the study? It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

The study participants reported deriving meaning from giving a part of themselves away to others and making a sacrifice on behalf of the overall good. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

"Partly what we do as human beings is to take care of others and contribute to others. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

Meaning is not about transcending the self. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

Having meaning was linked to the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

Which brings us back to the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

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That was the case for those who had a decision to make. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

When he returned home, he found a letter from the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

The wisdom that Freivald derived from his experience. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

Freivald and his colleagues would agree that the pursuit of meaning is what makes human beings unique. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study. It is one of the most interesting findings of the study.

This is why some researchers are cautioning against the pursuit of mere happiness. In a [new study](#), which will be published this year in a forthcoming issue of the *Journal of Positive Psychology*, psychological scientists asked nearly 400 Americans aged 18 to 78 whether they thought their lives were meaningful and/or happy. Examining their self-reported attitudes toward meaning, happiness, and many other variables -- like stress levels, spending patterns, and having children -- over a month-long period, the researchers found that a meaningful life and happy life overlap in certain ways, but are ultimately very different. Leading a happy life, the psychologists found, is associated with being a "taker" while leading a meaningful life corresponds with being a "giver."

What sets human beings apart from animals is not the pursuit of happiness, which occurs all across the natural world, but the pursuit of meaning, which is unique to humans, according to Roy Baumeister, the lead researcher of the study and author, with John Tierney, of the recent book *Willpower: Rediscovering the Greatest Human Strength*. Baumeister, a social psychologist at Florida State University, [was named](#) an ISI highly cited scientific researcher in 2003.

The study participants reported deriving meaning from giving a part of themselves away to others and making a sacrifice on behalf of the overall good. In the words of Martin E. P. Seligman, one of the leading psychological scientists alive today, in the meaningful life "you use your highest strengths and talents to belong to and serve something you believe is larger than the self." For instance, having more meaning in one's life was associated with activities like buying presents for others, taking care of kids, and arguing. People whose lives have high levels of meaning often actively seek meaning out even when they know it will come at the expense of happiness. Because they have invested themselves in something bigger than themselves, they also worry more and have higher levels of stress and anxiety in their lives than happy people. Having children, for example, is associated with the meaningful life and requires self-sacrifice, but it has been famously associated with low happiness among parents, including the ones in this study. In fact, according to Harvard psychologist Daniel Gilbert, research shows that [parents are less happy interacting with their children](#) than they are exercising, eating, and watching television.

"Partly what we do as human beings is to take care of others and contribute to others. This makes life meaningful but it does not necessarily make us happy," Baumeister told me in an interview.