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friends. In the
past few
weeks I have
posted a few
memos about
happiness, for
a good
reason: There
are many who
think that
their
happiness in
life —
especially now
— is
determined by
elements
beyond their
control.
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Now
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"the science
of happiness"
refers to a

new field of
social science
called positive
psychology.
Contrary to
popular belief,
it is not
"positive
thinking" or
self-help, but
a broad
empirical field
of research
and
application
worldwide.
According to
one of its
pioneers Chris
Peterson,
simply put,
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psychology is
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