

# The Science of Well-Being

By: Dr. Laurie Santos



## About this Course

In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

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## Skills you will gain

Gratitude- Happiness-Meditation-Savoring

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