

# HAPPINESS:

## it's a state of mind

Research undertaken into (0) ..... *the* ..... pursuit of happiness has produced some interesting ideas. Apparently, our level of happiness depends on (1) ..... much we invest in it. The hypothesis is that happiness resembles a skill and can therefore be learned – if people are willing to put time and effort (2) ..... perfecting it. Meditation seems to be a key factor and this (3) ..... be scientifically demonstrated. MRI scans performed on people who meditated regularly showed raised levels of positivity in the left-hand side of (4) ..... brains, the part usually connected with happiness. At the same time, they managed to keep the more negative right side (5) ..... check. Does this mean only specialist meditators can be happy? Apparently (6) ..... , as even people who only meditated occasionally demonstrated greater positivity. This could indicate that tweaking the (7) ..... we channel our thoughts, modifying our perception of things around us, can (8) ..... a big difference to our sense of well-being. If true, isn't it worth putting in some effort?