

Download Happiness The Science Behind Your Smile

How smiling affects your brain. By guest blogger Sarah Stevenson "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." 71 Smile Quotes to Make Your Day a Little Happier. Looking for some smile quotes to start your day on the right foot? Smiling has a lot of benefits. Dan Gilbert, author of "Stumbling on Happiness," challenges the idea that we'll be miserable if we don't get what we want. Our "psychological immune system" lets us feel truly happy even when things don't go as planned. TED Talk Subtitles and Transcript: Dan Gilbert, author of "Stumbling on Happiness," challenges the idea that we'll be miserable if we don't get what we want. Our "psychological immune system" lets us feel truly happy even when things don't go as planned.