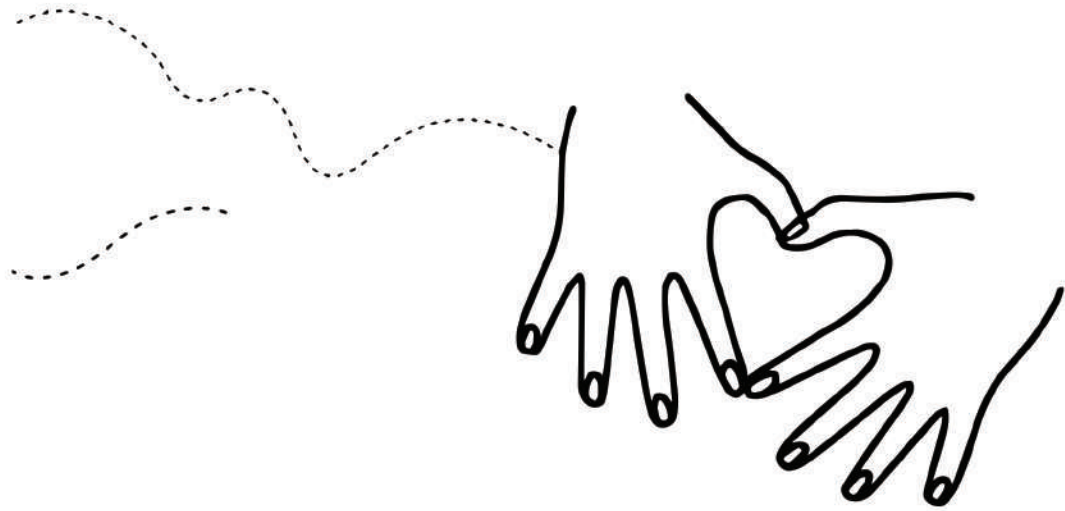


Science of Kindness



Substantial evidence suggests that what consistently makes people happy is focusing prosocially on others (i.e., doing acts of kindness for others or for the world)...

People striving for happiness may be tempted to treat themselves.

Our results, however, suggest that they may be more successful if they opt to treat someone else instead.

- Nelson et al., 2016

