

# Can money buy happiness?

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# Content

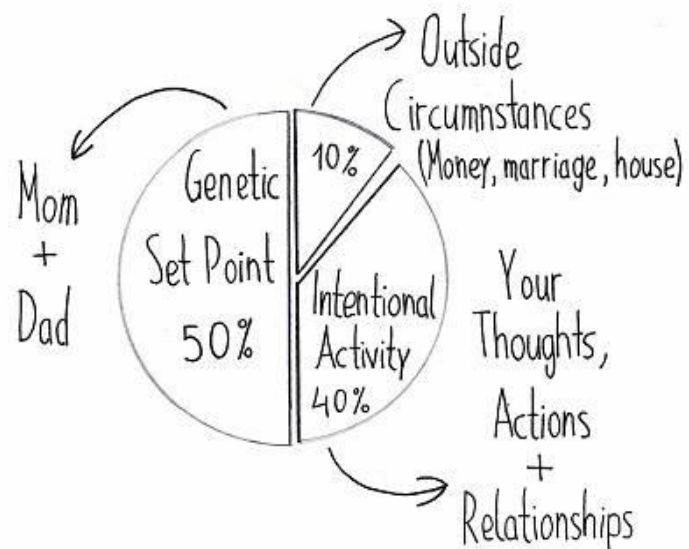
1 factors for happiness

2 saving or spending money

3 advices for happiness

# Science of happiness

## Happiness Formula



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# Having money or spending money



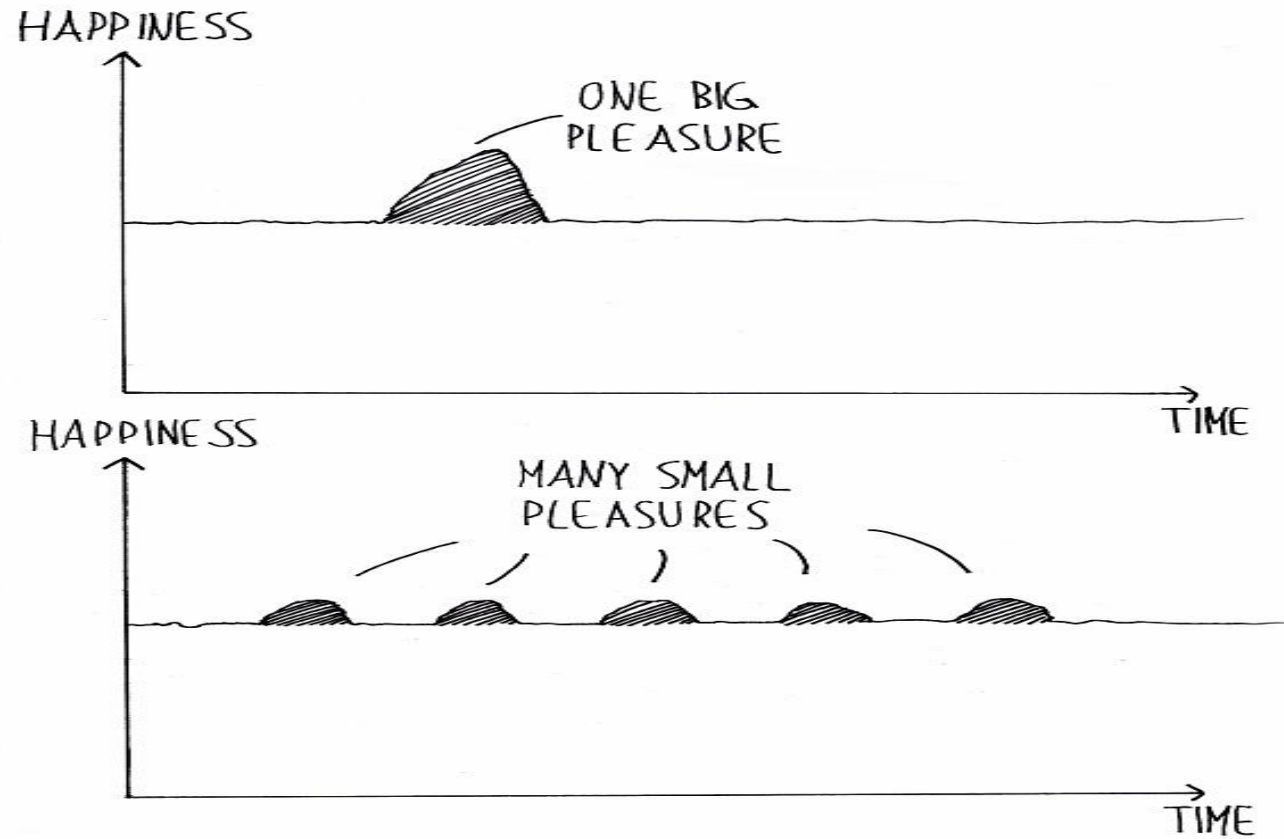
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# Spend money for experiences



# Many small pleasures than a few big ones



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# Spend Money To Benefit Others



[https://www.google.com/search?q=having+money+or+spending+money&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiMpyGxMDpAhWDw6YKHOnzCZAQ\\_AUoAXoECA0QAw&biw=1536&bih=754#imgrc=PE3DI\\_IL-dX-2M](https://www.google.com/search?q=having+money+or+spending+money&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiMpyGxMDpAhWDw6YKHOnzCZAQ_AUoAXoECA0QAw&biw=1536&bih=754#imgrc=PE3DI_IL-dX-2M)

*“Ask people whether they will be happier after spending money on others, and the vast majority will tick the ‘me’ box. The science shows that exactly the opposite is true – people become much happier about spending money on others rather than on themselves.”*

Richard Wiseman, American author



# Enjoy waiting



# Spend Money to Buy Time



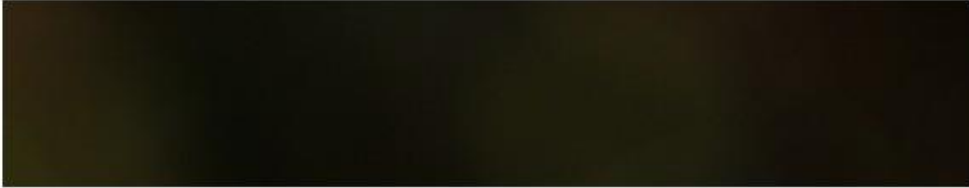
# Summary

- ❑ Factors that contribute to our happiness
- ❑ Question about spending and saving money
- ❑ Advices to increase the level of happiness

# Conclusion

- ▣ Genetic factors, outside circumstances, our thoughts and actions determine our happiness
- ▣ Wise money spending makes us happier
- ▣ Helpful person is happier
- ▣ Inspiring experiences are worth spending money
- ▣ Time-saving services are worth spending money





**LIFE IS BETTER WHEN  
PEOPLE ARE WORKING,  
HAPPY, AND  
SPENDING MONEY**

ROBERT KIYOSAKI

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# References

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- ▣ <https://www.njlifehacks.com/negative-visualization-antidote-to-hedonic-adaptation/>
- ▣ [https://www3.nd.edu/~adutt/activities/documents/Veenhoven\\_paper.pdf](https://www3.nd.edu/~adutt/activities/documents/Veenhoven_paper.pdf)
- ▣ <https://www.psychologytoday.com/us/blog/the-good-life/200806/money-and-happiness>
- ▣ <https://www.njlifehacks.com/reading-list/>

# THANK YOU FOR ATTENTION

BE  
HAPPY → GREAT  
WORK → BIG  
SUCCESS

