

Can money buy happiness?

Guzik Sofiya, group 727

Content

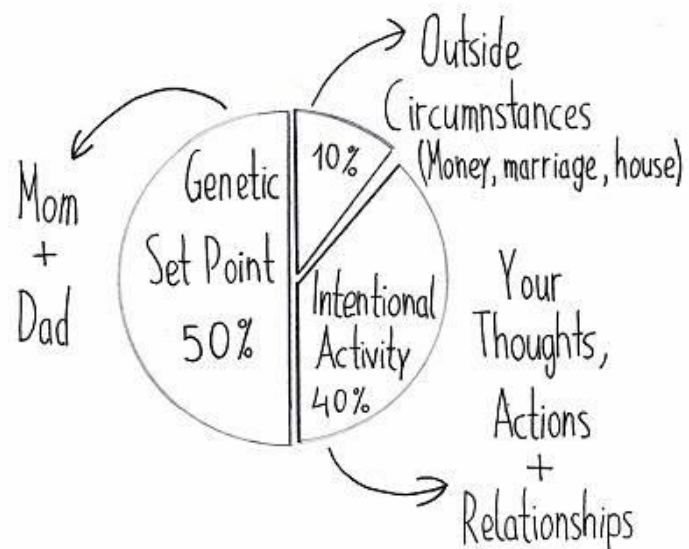
1 factors for happiness

2 saving or spending money

3 advices for happiness

Science of happiness

Happiness Formula



NJlifehacks

Having money or spending money

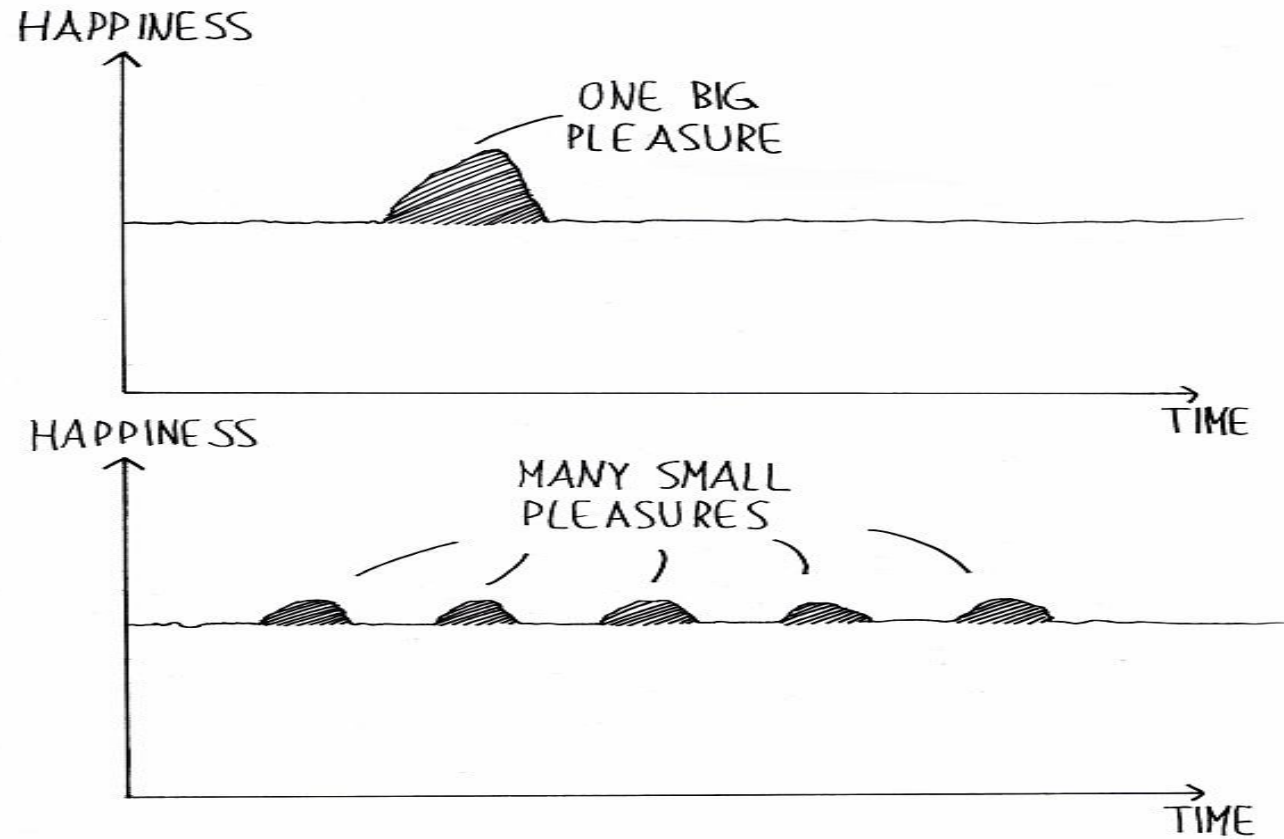


https://www.google.com/search?q=having+money+or+spending+money&source=lnms&tbm=isch&sa=X&ved=2ahUKFwiMpv_GxMDpAhWDw6YKHOnzCZAO_AUoAXoIECA0OAw&biw=1536&bih=754#imgrc=PT3DI_IL-dX-2M

Spend money for experiences



Many small pleasures than a few big ones



NJlifehacks

Spend Money To Benefit Others



https://www.google.com/search?q=having+money+or+spending+money&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiMpy_GxMDpAhWDw6YKHOnzCZAQ_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

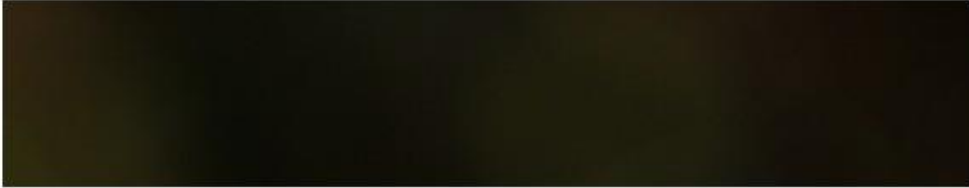


Summary

- ❑ 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

PICTUREQUOTES . com

References

- ▣ <https://www.njlifehacks.com/why-am-i-not-happy-with-my-life/>
- ▣ <https://www.njlifehacks.com/negative-visualization-antidote-to-hedonic-adaptation/>
- ▣ 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

