



VeteranCaregiver.com Video Resources

Recommended Resources:
What Makes You Happy?

Resources

TEDx Playlists of What Makes You Happy:

https://www.ted.com/playlists/4/what_makes_you_happy

<https://www.yesandyes.org/2016/05/how-to-figure-out-what-makes-you-happy.html>

https://www.huffingtonpost.com/rani-st-pucchi/what-makes-you-happy_b_11290262.html

<http://www.telegraph.co.uk/science/2016/03/15/the-33-things-that-will-make-you-happyand-the-seven-that-definit/>

Quiz: <https://www.psychologies.co.uk/test-what-makes-you-happy>

<http://appleandradish.com.au/what-makes-you-happy-take-the-quiz/>

https://www.huffingtonpost.com/2013/12/09/scientific-proof-that-you_n_4384433.html

<https://www.psychologytoday.com/blog/spotting-opportunity/201705/is-happiness-choice>

<https://www.becomingminimalist.com/choose-happy/>

<https://www.forbes.com/sites/mikemaddock/2013/06/04/happiness-is-a-choice/#676753093496>

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