

Happiness Formula: start your happiness project: Happiness Formula for your happiness project. How to assess our subjective well-being? How to live joyfully in the 21st century?

Frank Ra



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Happiness Formula for your happiness project. How to assess our subjective well-being? How to live
joyfully in the 21st century? Leverage AmAre as an approach to cultivate joyful living for the benefit of all
beings. In Italian, AmAre means "to love"; in English, interconnectedness: (I)Am (we) are. AmAre stands
for being: A – Aware and Accepting M – Meaningful and Motivated A – Active and Attentive R – Resilient
and Respectful E – Eating properly and Exercising For more information, please visit
http://www.amareway.org/ It includes chapters about: Oxford Happiness Questionnaire Happiness = A - R
Positive Psychology Questionnaires Happiness = Pleasure + flow + meaning Satisfaction With Life Scale
Happiness = social relationships + work/study satisfaction + confidence Facebook GNH Happiness =
(positive words) – (non-positive words) Gallup-Healthways WBI Happiness = Life Evaluation + Emotional
Health + Physical Health + Healthy Behavior + Work Environment + Basic Access Gross National
Happiness (Buthan) Happiness = Economic + Environmental + Physical + Mental + Workplace + Social +
Political Wellness SWB: Science of happiness



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