WHAT MAKES US HAPPIER, our experiences or our stuff?

We get most of our happiness from our experiences, not from the tangible items we possess, research shows.

“Who you are is the sum of your experiences but not the sum of your things.”
—Sonja Lyubomirsky, PhD, author of The How of Happiness (Penguin, 2007) and The Myths of Happiness (Penguin, 2013)

Students report that experiences make them feel more alive than possessions do.

For more on cultivating your own happiness from your experiences, see Student Health 101, November 2016.