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Effect on Happiness of Happiness Self-monitoring and Comparison with Others: Using the Happiness Indicator

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Chapter

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Abstract

The Happiness Indicator (www.happinessindicator.nl) is a website containing self-help tools designed to make people more aware of their own happiness. The theory behind the tools is that a keener awareness of one's own happiness helps users find an optimal lifestyle and consequently promotes happiness among its users. Users of the website periodically record how happy they feel on the present day and how happy they have felt over the past month, using the