



Study Shows Generous Behavior Leads to Increased Happiness

Mary Winn, LCSW, CHt, RRT / RTR - Therapy with Mary

For centuries, spiritual leaders and philosophers have viewed generosity as the key to happiness. “There is no exercise better for the heart than reaching down and lifting people up,” wrote John Holmes, the late poet and critic. However, the link between happiness and generosity is no longer just a theory. A University of Zurich study offers scientific proof that generous behavior can give you a happier life.

In the study, conducted by Ernst Fehr and Philippe Tobler in conjunction with a team of international researchers, 50 participants were promised varied sums of money that they’d receive in the near future. The control group committed to spending the money on themselves while the other subjects chose to spend it on others.

While the study subjects made their decisions, Fehr and Tobler studied activity in three parts of the brain – the ventral striatum (which controls happiness), the temporoparietal junction (which processes generosity), and the orbitofrontal cortex (which regulates the decision-making process).

The areas of the brain associated with generosity and happiness interacted more intensely in those who chose to give the money to others. And this result was consistent, regardless of the amount of money being



given. It’s also important to note this activity intensified with just the promise of giving away the money – not the act itself. However, those who went through with the generous act also felt happier afterward.

The study shows that generosity truly is enough to boost personal happiness, and that generosity doesn’t need to border on martyrdom to be effective. Helping others, in any way that we can, is enough to lead us toward a brighter tomorrow.

If you’d like more information, or wish to make an appointment, please call the office at 561-598-8585, or cell at 561-234-6778, or visit www.TherapyWithMary.com.

Therapy with **Mary**

Mary Winn LCSW, CHt

O: 561-598-8585 C: 561-234-6778

www.TherapyWithMary.com

Lake Wellington Professional Centre
12177 Ken Adams Way Ste. 153
Wellington, FL 33414

VIP Sessions In Your Home or Your Office Upon Request

Effective Rapid Results Driven Treatment For:
Grief • PTSD • Anxiety • Depression
And Many Other Issues That Affect Personal Well-Being

- ➔ Licensed Clinical Social Worker
- ➔ Certified Clinical Hypnotherapist
- ➔ Certified in Rapid Resolution Therapy™
- ➔ Certified in Rapid Trauma Resolution™

*Attain Your New Year’s Goals...
It Can Be Easier Than You Might Think*