

## Party Trivia about Happiness

1. Men are happier than women. Fact or fiction?
2. If I win the lottery, I will live happily ever after. Fact or fiction?



3. There is no scientific reason why some of us have our best ideas in the shower. Fact or fiction?

4. There is a direct correlation between monetary wealth and happiness. Fact or fiction?



5. Happiness has its own orgasm. Fact or fiction?



6. You are stuck with the personality you were born with. Fact or fiction?
7. People who are positive about aging live 7.5 years longer than those with less positive perceptions. Fact or fiction?
8. A French-born monk living in Nepal is the happiest person on record. Fact or fiction?

Answers are on the next page.

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## Answers to Party Trivia about Happiness

- 1. Men are happier than women.** Fiction. Men and women experience the same level of happiness. However women experience emotions more intensely, which explains why more women suffer from depression.
- 2. If I win the lottery, I will live happily ever after.** Fiction. It's been shown that on average, lottery winners revert back to their original level of happiness after about a year due to the happiness treadmill.
- 3. There is no scientific reason why some of us have our best ideas in the shower.** Fiction. When you relax, you are at your most brilliant. Most people relax while they are taking a shower, and the answers come to them.
- 4. There is a direct correlation between monetary wealth and happiness.** Fact, but only up to a point. Once you reach a bit past poverty, there is no correlation with happiness.
- 5. Happiness has its own orgasm.** Fact. We're stretching the science a bit here, but we like getting your attention! Long-time meditators experience a sort of orgasm at the advanced levels of compassion meditation nearing so-called enlightenment.
- 6. You are stuck with the personality you were born with.** Fiction. Due to the wonders of brain plasticity, our brains grow new neurons or cells every day. We can change habits to the point of modifying character traits. Take the example of shyness. Many people grow out of this or determine it's not getting them anywhere and change it.
- 7. People who are positive about aging live 7.5 years longer than those with less positive perceptions.** Fact. Cool, huh? This is a longer pickup than stopping smoking or losing weight.
- 8. A French-born monk living in Nepal is the happiest person on record.** Fact. Mathieu Ricard has been measured via fMRI by Richard Davidson's lab at the University of Wisconsin as having more left frontal activity than anyone on record.

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