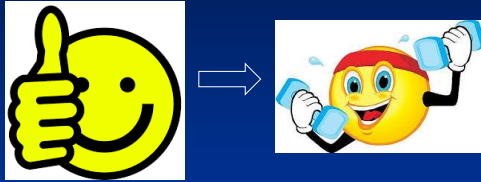
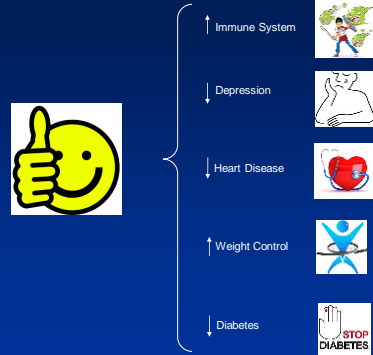


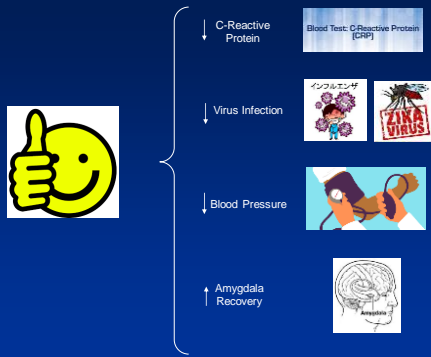
How a Positive Attitude Makes You Healthier



Positive Attitude => General Health

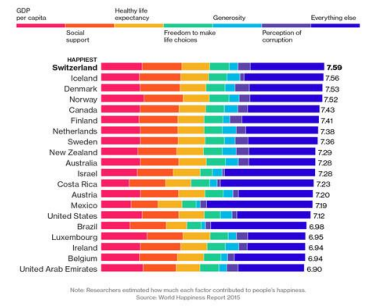


Positive Attitude => Medical Changes



20 Happiest Countries in the World

Residents of each country were asked to score their quality of life on a scale of 0 to 10.



UN 2015 Happiest Countries

- Switzerland (7.587)
- Iceland (7.561)
- Denmark (7.527)
- Norway (7.522)
- Canada (7.427)
- Finland (7.408)
- Netherlands (7.378)
- Sweden (7.364)
- New Zealand (7.286)
- Australia (7.284)
- Israel (7.278)
- Costa Rica (7.226)
- Austria (7.200)
- Mexico (7.187)
- United States (7.119)
- Brazil (6.983)
- Luxembourg (6.948)
- Ireland (6.940)
- Belgium (6.937)
- United Arab Emirates (6.901)
- United Kingdom (6.867)
- Oman (6.853)
- Venezuela (6.810)
- Singapore (6.798)
- Panama (6.786)

2017 Rankings

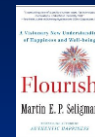
- Germany (6.75)
- Chile (6.670)
- Qatar (6.611)
- France (6.575)
- Argentina (6.574)
- Czech Republic (6.505)
- Uruguay (6.485)
- Colombia (6.477)
- Thailand (6.455)
- Saudi Arabia (6.411)
- El Salvador (6.130)
- Guatemala (6.123)
- Uzbekistan (6.003)
- Slovakia (5.995)
- Japan (5.987)
- South Korea (5.984)
- Ecuador (5.975)
- Bahrain (5.960)
- Italy (5.948)

http://worldhappiness.report/wp-content/uploads/sites/2/2015/04/WHR15_Sep15.pdf

Happiness & Fulfillment 充実感: 4 Books



Mihaly Csikszentmihalyi
"Flow"
"無我夢中"



Martin Seligman
"Flourish"
"繁栄"



Tal Ben-Shahar
"Happier"



Daniel Pink
"Drive"
"検証?"

