Following our second Exploring Happiness course session, a Stanford student unexpectedly requested to drop the class due to a conflict with her family values. She explained, “Your course focuses on the science of well-being and self-care, but in my upbringing, success meant working extremely hard, even to the point of suffering.”

In recent years, the concept of mindful living has captivated global interest, from the streets of Bali to Silicon Valley boardrooms. The widespread adoption of mindfulness has led to the emergence of numerous gurus offering diverse approaches to its practice.

Take our “7 Days to Happiness Challenge” for a transformative journey. Each day focuses on well-being, from mindful meditation to fostering social connections. Embrace gratitude, wellness, thoughtfulness, freedom, and soulful activities to cultivate lasting happiness. Join this month-long adventure and make every day a step toward a happier you!

What is the difference between Mindfulness, meditation and Meditation (uppercase “M”)?
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Gratitude: Good Medicine for Stress and Striving
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Focused on New Year, New You
The Jan 2024 Tip Sheet, titled “New Year, New You,” tackles the common pattern of starting the year with increased fitness commitments and then facing declining gym attendance. It provides insights on sustaining fitness goals, explores creating magic in life, delves into mindfulness and meditation, recounts a Stanford student’s well-being conflict, and introduces the “7 Days to Happiness Challenge” for a month-long journey to break the cycle of abandoned resolutions.