

# The Surprising Power of Ordinary Things to Create Extraordinary Happiness

Happiness is often thought of as something that is difficult to achieve, something that requires a lot of money, time, and effort. But what if I told you that happiness can be found in the most ordinary of things?

In this article, we'll explore the surprising power of ordinary things to create extraordinary happiness. We'll look at how simple pleasures, acts of kindness, and even everyday objects can bring us joy and fulfillment.



## Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness by Ingrid Fetell Lee

★★★★☆ 4.5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 369 pages



## The Power of Simple Pleasures

Sometimes, the simplest things in life can bring us the greatest joy. A warm cup of coffee on a cold morning, a good book, a walk in nature—these are all simple pleasures that can make us happy.

The key to finding happiness in simple pleasures is to savor them. Don't just rush through your coffee or read your book on autopilot. Take your time, and really appreciate the moment. Notice the taste of the coffee, the smell of the book, the beauty of the scenery.

When you savor simple pleasures, you're not only enjoying the moment, but you're also training your brain to find joy in the little things. This makes it easier to be happy in all aspects of your life.

### **The Power of Acts of Kindness**

Another powerful way to create happiness is through acts of kindness. When you help others, you're not only making them happy, but you're also making yourself happy.

This is because when you do something kind, your brain releases the hormone oxytocin. Oxytocin is known as the "love hormone" because it promotes feelings of bonding, trust, and empathy.

So, if you're looking for a way to boost your happiness, try ng something kind for someone else. It could be something as simple as holding the door open for someone or letting someone go ahead of you in line. Whatever it is, make sure it's something that comes from the heart.

### **The Power of Everyday Objects**

Even the most ordinary objects can have the power to bring us happiness. A favorite mug, a cozy blanket, a photo of a loved one—these are all things that can make us smile.

The reason why these objects bring us happiness is because they're associated with positive memories and emotions. When we see or use these objects, it triggers those memories and emotions, which makes us happy.

So, if you're looking for ways to create more happiness in your life, take a look around your home and see what objects bring you joy. Make sure to display these objects prominently, so that you can see them every day.

Happiness doesn't have to be difficult. It can be found in the simplest of things. By savoring simple pleasures, performing acts of kindness, and appreciating everyday objects, we can create extraordinary happiness in our lives.

So, what are you waiting for? Start finding happiness in the ordinary things today. You'll be amazed at how much happier you become.



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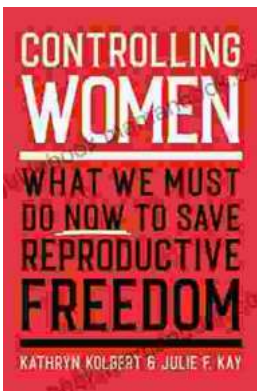
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