

## 《知乎精选：什么小事能让你变得更快乐？》

What are the simplest things one can do to make oneself happier?

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??190.9k????@Alison Stone?

Get more sleep. Seriously. Just go to bed and get some sleep.

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Sleep deprivation is a form of torture. It may take a few nights, but you'll be happier than when you started.

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??35k????@Dean Yeong?

What leads to true happiness? One best way to start living a happier life is by practicing gratitude and appreciation. And here is how we can start to appreciate more in our life.

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### 1) Keep a gratitude journal

#### 1)?????

Start taking note each day. State down 3 persons you like to thank and why. No one you like to thank today? What about 3 events that you should appreciate? Appreciate life challenges instead, rather than feeling pissed about them. Enjoy the slow process of achieving great things in life because what matters the most is the journey.

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### 2) Ask the right question every morning

#### 2)????????

[illegible]

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3) ?“??”???“??”

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[illegible]

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I have to work every day for 10 hours ? I get to work every day for 10 hours.

?“??????10??”??“??????10??”

I have to take care of my parents ? I get to take care of my parents

?“??????”??“??????”

