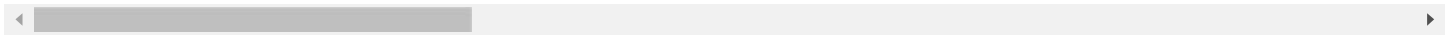


# Paramonos News



8 things the happiest people do every day

- 1 They devote a great amount of time to their family and friends, nurturing and enjoyir
- 2 They are comfortable expressing gratitude for all they have.
- 3 They are often the first to offer helping hands to coworkers and passersby.
- 4 They practice optimism when imagining their futures.
- 5 They savor life's pleasures and try to live in the present moment.
- 6 They make physical exercise a weekly and even daily habit.
- 7 They are deeply committed to lifelong goals and ambitions (e.g., fighting fraud, buil
- 8 Last but not least, the happiest people do have their share of stresses, crises, and



**Gallery**[Leave a comment](#)

