

### Happiness book club



**Vanessa King** recommends a book every month to improve our happiness levels.

Happiness doesn't just happen – it comes from planning and pursuing things that are important to us. Research shows that setting and working towards goals can contribute to happiness. I love *Succeed: How We Can Reach Our Goals* by Heidi Grant Halvorson (Plume, £11.99). One of the main ideas of the book is focusing on getting better rather than expecting to be brilliant straight away. Many of us believe that our intelligence, personality, and physical aptitudes are 40; that no matter what we do, we won't improve. Research suggests that this belief is wrong; abilities of all kinds are profoundly adjustable.

People whose goals are about getting better take difficulty in their stride, and appreciate the journey as much as the destination.

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