

Published based on [Study: Happiness Good for the Heart](#)

Study: Happiness Good for the Heart

Research shows that being happy is good for your health. Researchers followed over 1,700 people for 10 years to see whether their attitude affected their health. The results showed that people who had a happy and positive attitude had a healthier heart and body. For more information read the full article below.

Whether you view the glass as half empty or half full may help determine your risk for [heart disease](#).

Just as negative emotions such as [depression](#), anger, and hostility are risk factors for [heart attack](#) and [stroke](#), happiness seems to protect the [heart](#).

This was the finding from a large study that examined the impact of positive personality traits like happiness, contentment, and enthusiasm on heart disease risk.

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