

# The Jason Stapleton Program - What Really Makes Us Happy?

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This is another podcast from one of the many podcasts that I like to listen to. This one is from the Jason Stapleton Program, definately worth a listen!

## What Really Makes Us Happy?

Over the last several days I've been pouring over a massive study called the "World Happiness Report". (<https://worldhappiness.report>) and while I am by no means an expert on happiness I think is such a critical piece of life's puzzle that I want to take some time today and cover it.

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