Learn how to ENHANCE your happiness by taking part in a 9-month randomized research study designed to determine the effectiveness of a novel program for happiness and well-being.

We are looking for people 25 to 65 years old. You will receive compensation at the end of the trial. You must be willing to be assigned randomly to the program or wait-list control group (who will participate in the program following 6-months).

The program is NOT designed to treat major psychological disorders (e.g., depression, anxiety, etc.).

If you are interested in participating, please contact Email: ENHANCEhappiness@gmail.com
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