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ARTIKULLI

TITULLI	Happiness is not luck, but a choice: 5 ways to live better
ADRESA	https://albeu.com/english/happiness-is-not-luck-but-a-choice-5-ways-to-live-better/1041988/
BURIMI	albeu.com
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KOHA

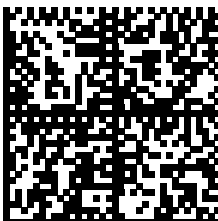
KAPUR NGA NE	6 tetor 2026, 07:02:17 UTC <i>Dritarja jonë e pasigurisë: ± 300 s — intervali me të cilin e kontrollojmë këtë burim.</i>
DEKLARUAR NGA PORTALI	6 tetor 2026, 06:57:42 UTC <i>Koha e deklaruar vjen nga pala që po vlerësohet. Ora jonë nuk preket prej saj, dhe të dyja shfaqen këtu të ndara.</i>

HASH-ET · SHA-256

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ZINXHIRI I PROVËS

KJO HYRJE	712c625e779f0f8f05037a5d0419cb31a0560cfe4645420d0786c09081a51eb4
E MËPARSHMJA	—
RRËNJA MERKLE	076421b9e193502309e95c58fab9a79a4f8338068c69eb04bf615c00fa42ed84
ANKORIMI	submitted — dërguar, ende pa bllok <i>Deri te blloku, kjo provon integritetin, jo kohën.</i>



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Happiness is not luck, but a choice: 5 ways to live better



Happiness is not always a matter of luck. It is often connected to the way we choose to live: the people we keep close, how we interpret events, the boundaries we set and the things we consider important.

Psychologist Martin Seligman, one of the best-known researchers of well-being, argues that a fulfilling life is not built solely on positive emotions.

It also includes relationships, engagement, meaning and a sense of achievement. This means that happiness is not necessarily the absence of problems. It is also about how we deal with them.

Choose people, not just success

Healthy relationships are among the most important factors in well-being. Studies by psychologist Julianne Holt-Lunstad have shown the importance of social connections for health and well-being. Therefore, a life filled with achievements but lacking human closeness may not feel as complete as it appears from the outside.

Choose what deserves your attention

Not every problem requires the same amount of energy. Living well means learning to distinguish between what you can change and what you cannot control. The psychology of mindfulness and being present in the moment also teaches us not to live constantly in the past or in anxiety about the future. Sometimes happiness begins when we stop fighting things that do not depend on us.

Choose not to compare your life with other people's

Comparison is inevitable, but constantly comparing ourselves can negatively affect how we value ourselves. Social media makes this even easier: we see other people's successes, journeys, relationships and

të fundit /



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most beautiful moments, while living every day with the full complexity of our own lives. But one life cannot be fairly compared with a selection of photos from someone else's life.

Choose to take care of yourself

Sleep, physical activity, rest and time for relationships are not obstacles to a productive life. They are part of it. Modern psychology views well-being as a combination of emotional, social and behavioral factors. This means that how we treat our bodies and minds also affects how we experience life.

In the end, happiness is not a destination we reach one day. To a significant extent, it is the result of the small choices we repeat every day: whom we give our time to, what we tolerate, what we fight for, what we leave behind and what we decide to value.

We cannot choose everything that happens to us. But we can influence how we live with what happens to us. And that is precisely where an important part of well-being begins: not in a perfect life, but in a life that increasingly aligns with what truly matters to us.

Shtuar më 6.10.2026 08:57

Tags: [happiness](#), [lifestyle](#), [news](#), [Side](#)



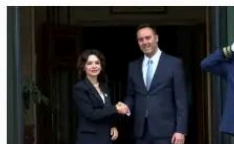
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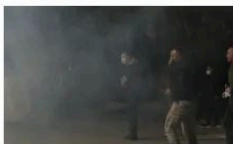
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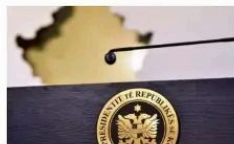
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