

## About Happier

[Happier, Inc.](#) is a Boston-based happiness company on a mission to inspire millions of people to be happier in their everyday lives. In February of 2013 we released our first product, a beautiful iOS mobile application and online community to encourage people to collect and share everyday happy moments, and do more of what makes them happier.



In building Happier we were inspired by a deep body of research in psychology, neuroscience and economics about human happiness that shows focusing on the positive and sharing good things with others makes you happier, healthier, and more productive:

- People who write down three positive things about their day report feeling happier, less, anxious and more optimistic. People who continued to do that for a period of three weeks reported feeling more optimistic and positive for up to six months later.
- People who think more positively are [50% less likely to have a heart attack](#), catch a cold or the flu.
- [Functional MRI](#) shows that focusing on a few positive things every day can permanently alter the chemistry of the brain to be more positive.
- Being happier is contagious: If you have a friend who is positive, you're 25% more likely to be positive. ([Dr. Nicholas Christakis, leading Harvard social scientist](#) who pioneered the "[happiness is contagious in social networks](#)" research has just joined Happier, Inc. as an advisor.)
- [People who express thanks to others](#) feel better about their lives, exercise more, and go to the doctor less.

Happier was founded in the summer of 2012 and has raised a seed round of \$2.4m from Resolute VC (Mike Hirshland) and Venrock (Mike Tyrell).

For more information, screenshots and other media assets, please visit:

[www.happier.com](http://www.happier.com).

Mobile app download link: <https://itunes.apple.com/us/app/happier/id499033500?mt=8>

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