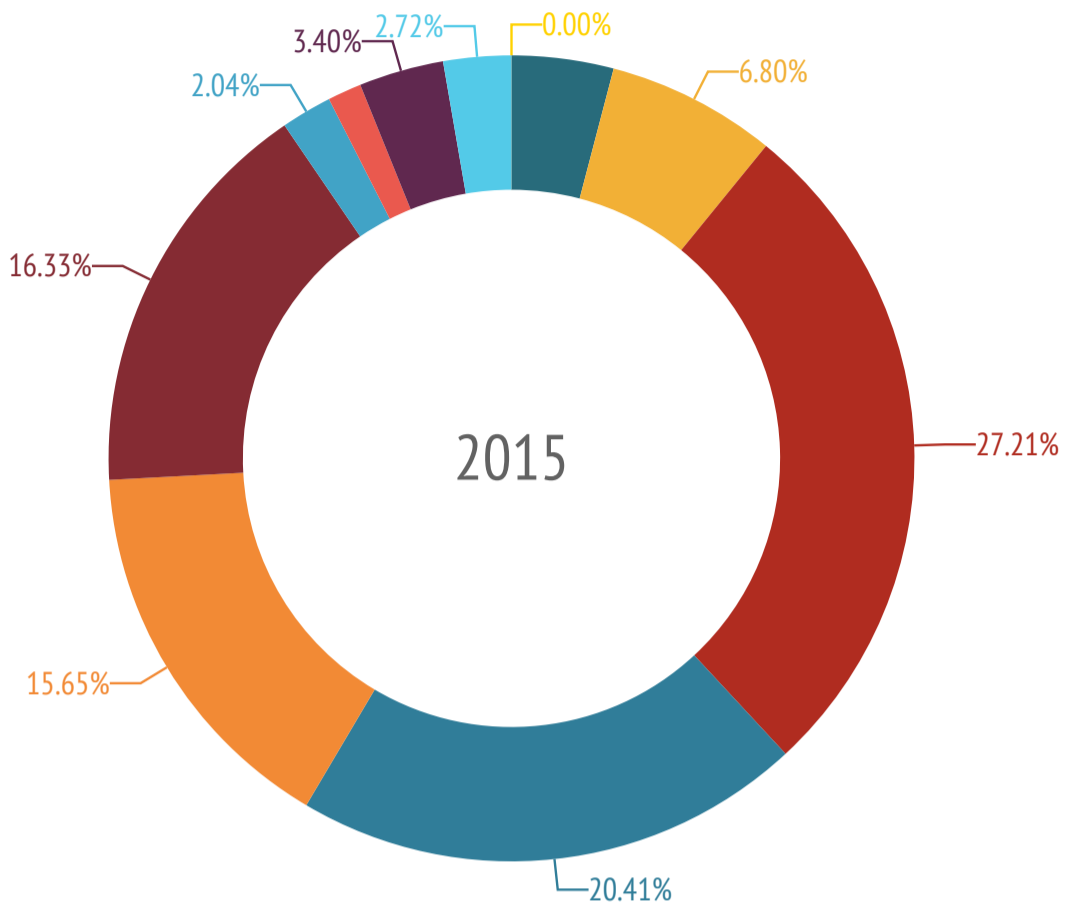


Survey Suprises

We know Christmas is not enjoyed by everyone, in fact for some it can be particularly depressing, but it was a surprise that so many more people preferred the Spring months.



- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

Nearly 150 adults aged 18 to 74 participated in the study, which asked them to reflect on their own personal happiness over the course of the seasons and looked at times of the year when they were happier.



“Happiness is not something ready-made. It comes from your own actions.”

Dalai Lama