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and wait for them. Take it to heart and use the science of well-being to create a lifetime of happiness together.”--Barbara Fredrickson, Ph.D., author of Love 2.0 and Positivity

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Happy Together: Using the Science of Positive Psychology to Build Love That Lasts by Suzann Pileggi Pawelski & James O. Pawelski. In ancient times, people congregated around campfires, town-squares, and stages to be mesmerized by morality plays, fairy-

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tales, fables, and legends.

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