

Subject name	Number of finding pages ¹
Happiness training	
Best possible self-exercise	2
Cognitive reframing	1
Comparison with the happiness of similar people	1
Enlightenment about happiness	5
Goal setting training	5
Laughter yoga	1
List and practice perceived ways to happiness	1
• Practice retrospective sources of happiness	1
• Practice one's values	2
Meditation, mindfulness	7
Novelty trying	1
Life style awareness training	1
• Life-review exercise	2
• Mood awareness training	4
Positive thinking training	3
• Count blessings/curses	7
• Gratitude training	10
• Kindness training	2
• Recall of positive events	5
Savouring training	1
Trainings for multiple mental skills	8
• Enlightenment + exercises	5
Total	74

¹A finding-page can report more than one separate research findings, such as obtained with different measures of happiness, different statistics and separate findings for experimental and control groups.