The Moscow Times
30 YEARS
INDEPENDENT NEWS FROM RUSSIA

Yale's happiness course - free

April 02, 2020

In this bizarre situation where most of us are in home isolation to protect ourselves against the Corona virus, everyone has to reinvent themselves and their new daily routines. Although personal development might not be on the top of your list in the first few weeks, we guarantee you, it will be as the situation drags on, so therefore we list a few options here to keep your mind sane ;)



Logo download

The world famous Ivy League University Yale shared their most popular course "The science of well-being" online for free! It is taught by Yale professor Laurie Santos and during the 10 week series you will learn how to increase your happiness and create better and more productive habits. You can do it at your own pace in your own time and it consists of a combination of short lectures, readings and assignments.

If you have more time and money to spare you can check out Cornell University and their award winning online programs. This is the perfect opportunity to develop yourself in a specific area where you want to feel more comfortable. We've taken a 12 week course here and

it was very professional and practical and a perfect mix between theoretical knowledge and applying it to practice.
Blinkist offers 15 minute "bites" which describe the key ideas of the worlds best management development and self-learning books. Perfect when you are interested in personal development but don't have the time to read the full books. Spend 15 minutes a day on personal development instead of browsing on social media and get inspired to get the most out of life!
For more inspiration on personal development see more blogs on our website.

For more tips to make your life in Moscow more easy & fun follow "Moscowliving" on Facebook or Instagram!

Enjoy!

Original url: https://www.themoscowtimes.com/2020/04/02/yales-happiness-course-free-a69834