

Sprott, J. C. 2005. Dynamical Models of Happiness. *Nonlinear Dynamics, Psychology, and Life Sciences*. 9(1): 23-35.

See <https://sprott.physics.wisc.edu/pubs/paper281.pdf>. Accessed 27 March 2023.

Abstract: A sequence of models for the time evolution of one's happiness in response to external events is described. These models with added nonlinearities can produce stable oscillations and chaos even without external events. Potential implications for psychotherapy and a personal approach to life are discussed

Keywords: happiness, differential equations, system, model