

Create a Playlist of Happy Tunes

What are your go-to, feel-good songs?

Plot your playlist, then create it wherever you listen to music. Bonus points for sharing it with a friend.

DID YOU KNOW

Brain imaging technology has revealed that listening to pleasurable music releases “feel-good” neurotransmitters.

1

DON'T STOP ME NOW
QUEEN

2

DANCING QUEEN
ABBA

3

GOOD VIBRATIONS
THE BEACH BOYS

4

UPTOWN GIRL
BILLY JOEL

5

EYE OF THE TIGER
SURVIVOR

ARE THESE THE 10 HAPPIEST SONGS ON EARTH?



Dutch neuroscientist Jacob Jolij created a Feel Good Index that measures the number of positive references in a song, its tempo and its key.

Songs on his feel-good list feature a tempo of about 150 beats per minute.

6

I'M A BELIEVER
THE MONKEES

7

GIRLS JUST WANT TO HAVE FUN
CYNDI LAUPER

8

LIVIN' ON A PRAYER
BON JOVI

9

I WILL SURVIVE
GLORIA GAYNOR

10

WALKING ON SUNSHINE
KATRINA & THE WAVES