



SPECIAL **TIME** EDITION

# THE SCIENCE OF **GOOD & EVIL**

WHAT MAKES  
US MORAL

GOOD DEEDS,  
GOOD HEALTH

UNDERSTANDING  
THE DARK SIDE



**PLUS**  
DO ANIMALS  
HAVE ETHICS?



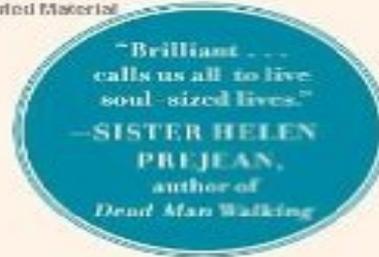
## **“GOOD DEEDS, GOOD HEALTH, GOOD LIFE”**

- **“People who are givers are happier and across the board tends to have better mental health,” says Stephen Post, author of *Why Good Things Happen to Good People*. They also show up with better health generally and may even on average live a little longer.”**
- **“Post has devoted his career to exploring this idea and is a bit of an evangelist for this field of research.” *Time*, pp. 34-39**

[whygoodthingshappen.com](http://whygoodthingshappen.com)



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WHY  
GOOD THINGS  
HAPPEN TO  
GOOD PEOPLE

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HOW TO LIVE A LONGER,  
HEALTHIER, HAPPIER LIFE BY  
THE SIMPLE ACT OF GIVING

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Stephen Post, Ph.D., & Jill Neimark

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