

Analyzing “ Why happiness is healthy” by Elizabeth Landau

The text written by Elizabeth Landau, “Why happiness is healthy”, brings the definition of happiness. Also, she shows us how it is important and how genetic it is. Elizabeth knows how to bring up this subject and relate it to our quotidian life. The text has information about how our physical health is related to our mental well-being and how it is affected by happiness or the lack of it.

The article “Why happiness is healthy” by Elizabeth Landau is well written and has proper language. Of course, the author used scientific concepts and researches because it is talking about a scientific matter. However, the way that such a hard subject is explained makes every person understand what the article is talking about. “Being able to manage the emotional ups and downs is important for both body and mind, said Laura Kubzansky, professor of social and behavioral sciences at Harvard School of Public Health.” (Elizabeth Landau, 2015) This kind of language and explanation take some weight out of the text.

Furthermore, another smart choice was the structure of the article. The expository text along with the cited specialists and researches helped the reader understand and focus on the subject. “A 2012 review of more than 200 studies found a connection between positive psychological attributes, such as happiness, optimism, and life satisfaction, and a lowered risk of cardiovascular disease.” (Elizabeth Landau, 2015)

The text has enough data and information. This type of expository text does not need much data, just concepts, and explanations of that. “Research suggests that genetics may play a big role in our normal level of subjective well-being, so some of us

may start out at a disadvantage.” (Elizabeth Landau, 2015) The past passage is an example of something incomplete. The author could have cited the research she was talking about in her argument.

Works Cited

Landau, Elizabeth. “Why Happiness Is Healthy.” *CNN*, Cable News Network, 3 Apr.

2015, edition.cnn.com/2014/03/20/health/happiness-wellbeing-health/index.html.