

Happiness Journaling Site ButterBeeHappy.com Launches Site—Promises Users Will Be Happier.

By ButterBeeHappy.com

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Harvard research shows that by jotting down 5 happy thoughts a day people generally lead happier lives. ButterBeeHappy.com, a site where people come to journal happy thoughts, announces its recent launch.

Tuscaloosa, Alabama -- ButterBeeHappy.com (www.ButterBeeHappy.com), a site where people come to journal happy thoughts, announces its recent launch. The new site, based on Harvard research, promises users that they will be happier by simply jotting down 5 happy thoughts a day and allows users to create a journal for free.

“ButterBeeHappy.com doesn't claim to fix all problems, but our users do claim to feel happier after keeping a journal of gratitude and happy thoughts,” says John Brooks Ponders, 22, a student at the University of Alabama and founder of ButterBeeHappy.com. “The internet doesn't have that many truly happy places for people to go to. I am trying to change this, 5 happy thoughts at a time. “

Right now ButterBeeHappy.com is a small community, but the site is growing. Users can explore what other users have posted, a proven exercise generating gratitude and happiness. While exploring the journals one will find entries in all languages, tones, and topics.

ButterBeeHappy.com has been busy adding many new ways for users to use the website. Users are also given their own customized “widget” which lets them display their happy thoughts on their own blog, MySpace, Facebook, or any other type of page. A component of the site dubbed “The Honeycomb Navigator” links entries by keywords showing how different users are related.

For more information contact Martha Jean Schindler or visit www.ButterBeeHappy.com. Registration is free.

About ButterBeeHappy.com:

John Brooks Ponders, the site's creator, started the site in October 2007. The site has been growing since then. John Brooks Ponders is the same internet entrepreneur who created SaveUpwards.com, AnythingGreen.com, and WeTalkDuringMovies.com

Contact:

Martha Jean Schindler , director of public relations

ButterBeeHappy.com

256-335-5370

<http://www.ButterBeeHappy.com>

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Category Health, Society, Internet

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personal growth
Email [Click to email author](#)
Website <http://www.ButterBeeHappy.com>
Phone 2563355370
Address 53 Cloverdale Rd.
City/Town Tuscaloosa
State/Province Alabama
Zip 35401
Country United States