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Expressing gratitude, thinking about a perfect future, and affectionate writing have been scientifically proven to work—and all they require is a pen, a piece of paper, and a few moments of your time. ” . Richard Wiseman, 59

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You don't have to read very far into 59 Seconds: Think a Little, Change a Lot (Amazon), before you realize that Richard Wiseman is a man who does his homework. Shortly after his encounter with Sophie, a bright, successful management consultant, the author describes collecting hundreds of behavioral research studies on the subject of increasing happiness.

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A leading think tank has suggested that the net rise in jobs would come through diversifying to renewables and takes into account a long-term decline in the North Sea's oil and gas industry.

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